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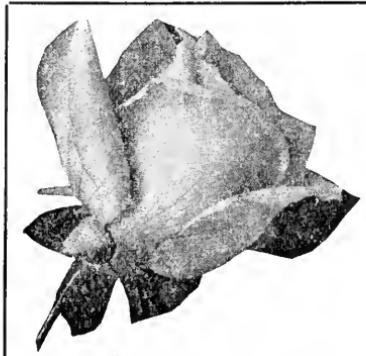
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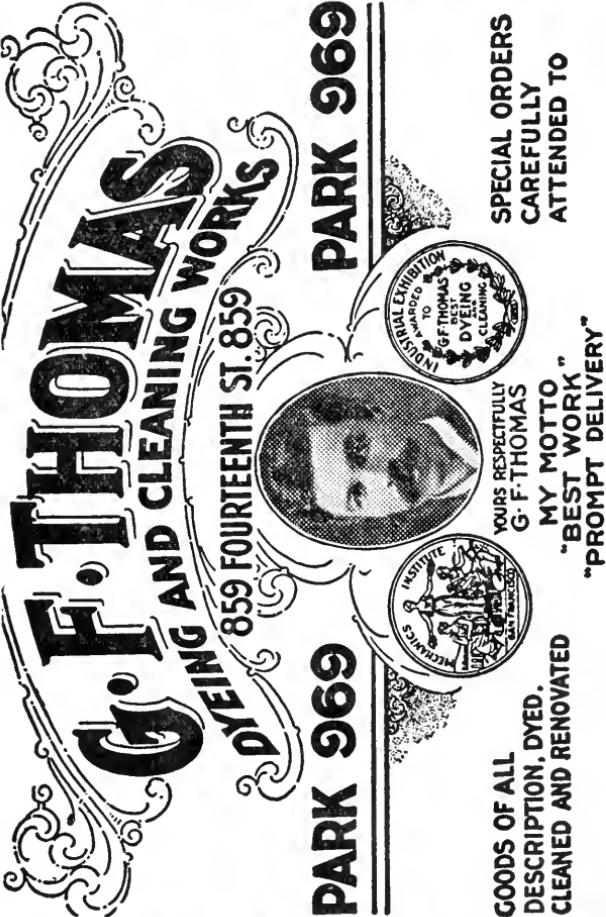
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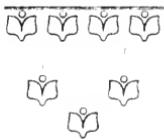
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E. W. BRIGGS, Proprietor

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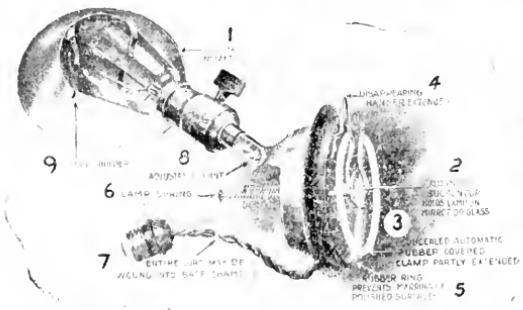
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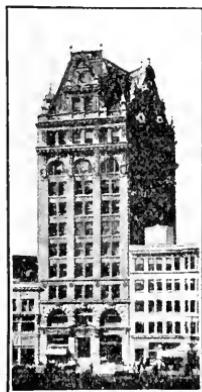
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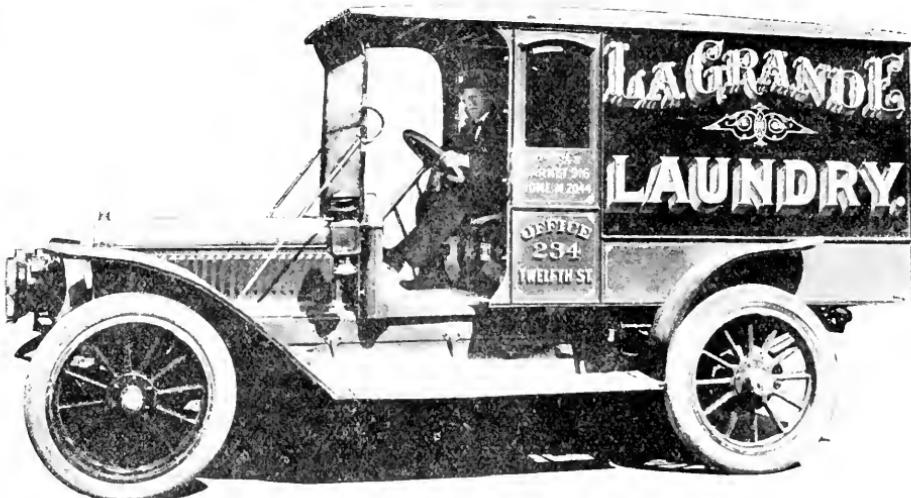
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**WINTER'S WHOLE WHEAT BAKERY**  
**940 FILLMORE ST.**  
**SAN FRANCISCO**  
**CALIFORNIA**



### Short Method for Bread Making

Scald one and one-half pints milk; dissolve 1 cake compressed yeast in two-thirds cupful lukewarm water; add two tablespoonfuls sugar; sift two sifters of **Albers** flour in mixing bowl. When milk is lukewarm, add one large tablespoonful salt; add dissolved yeast to milk; make well in center of flour, and add milk. Stir with mixing spoon until flour is all taken up, then turn out on board and knead well for twenty minutes. Return to bowl and let raise in warm place, well covered. This will take from two to three hours. When sufficiently risen, punch down and let stand for three-quarters of an hour longer (doubled in bulk). Mold into loaves or rolls, handling the dough very gently. Put in well-greased pans, let raise and bake. Rolls should raise at least one-half hour and loaves one hour. Bake rolls twenty-five minutes and loaves one hour in wood or coal range, or forty-five minutes in gas range. If desired to make this bread over night, use only one tablespoonful sugar and one and one-half tablespoonfuls salt. Bread made by this method can be set at seven o'clock in the morning and should be out of the oven by noon.

If desired to make bread at night, use method as above at night just before retiring, and in the morning dough will be ready to put into pans; let raise and bake. If dough is made into loaves at seven in the morning, it should be baked by nine o'clock.

### Brown Bread

One pint Indian corn meal, 1 pint **Albers** rye flour, 1 teaspoon brown sugar, one teaspoon salt, two teaspoons baking powder, one tablespoon butter or lard,  $\frac{3}{4}$  pint milk. Sift together corn meal, rye flour, sugar, salt and powder. Rub in the shortening; add the milk and mix all into a batter. Put into greased tin and bake about forty minutes in a rather hot oven. Cover at first with paper.

### Graham Bread—Unfermented

One and one-half pints graham flour, one-half pint of **Albers** flour, one tablespoon sugar, one teaspoon salt, two teaspoons baking powder, 1 and one-fourth pints milk, or equal parts of milk and water. Sift **Albers** graham flour, sugar, salt and powder together; add the milk, or milk and water; mix rapidly into soft dough, then put in greased tin. Bake in rather hot oven about forty minutes. Protect loaf with paper first fifteen minutes.

### Corn Bread

One cup fine white corn meal, one and one-half cups milk, two eggs, one teaspoon sugar, one tablespoon butter, two level teaspoons Baking Powder,  $\frac{1}{4}$  teaspoon salt. Scald the milk and pour on the corn meal. Let it cool, then add salt, sugar, baking powder and yolks of eggs and beat quickly and thoroughly together. Fold in the stiffly beaten whites of eggs. Bake in a flat pan in hot oven for about thirty minutes.

# CEREAL FOODS and FLOURS

In a bulletin recently issued by the U. S. Department of Agriculture will be found this statement: "Cereals supply actual digestible nutrients to the body more cheaply than any other class of food except dried legumes (beans)."

It would follow, therefore, that the young housewife should know the best methods of preparing Cereal Breakfast Foods. Before giving a list of recipes for accomplishing the best results with cereals and flours, the following table is given to show how economical and valuable cereals are. Protein as used in this table is the most important and most expensive element in food. A calorie is the amount of strength or energy necessary to lift 15 pounds one foot high 200 times.

Kind of Food	Cost per Pound of Protein	Amount of Energy in 10c Worth
Rolled Wheat @ 6c	.68	2505
Rolled Oats @ 6c	\$ .48	2938
Flour @ 3½c	.35	4700
Corn Flakes Toasted @ 10c	1.33	1735
Round Steak @ 16c	.87	560
Leg of Mutton @ 20c	1.37	445
Roast Pork @ 12c	.92	1035
Eggs @ 24c	1.39	385

By comparing the above figures it will readily be seen that cereals furnish by far a greater amount of nutrients than meats. So much so that were the source of the facts other than actual government reports they would not be believed. It will be noticed also that of the cereals, Oats furnishes almost twice as much nourishment for the money as parched Corn Flakes.

## ONE DOZEN SPECIAL RECIPES NOT FOUND ELSEWHERE IN THIS BOOK.

### Rolled Oat Mush

To two parts of boiling water, salted to taste, slowly stir in one part of **ALBERS ROLLED OATS** and boil for ten to twenty minutes, then allow to simmer, stirring occasionally. Serve with sugar and cream. Carnation Rolled Oats may be used in place of **Albers** Rolled Oats. We recommend the use of a double boiler, in which case the inner boiler should be placed in the outer boiler, in which the water is already boiling, after the flakes have been boiling about two minutes. Cook in double boiler ten or fifteen minutes more, but do not stir.

### Wheat Flake Mush

To boiling water, salted to taste, stir in slowly equal parts of **ALBERS WHEAT FLAKES**, or less if desiring thinner consistency. Boil five to ten minutes, then allow to simmer, stirring occasionally. Serve with cream and sugar. Carnation Wheat Flakes may be used in place of **Albers** Wheat Flakes. We recommend the use of a double boiler.

**Pearls of Wheat Mash**

To one quart of boiling water, add one-half teaspoonful of salt and three-fourths of a cup of **Albers** Pearls of Wheat. Stir slowly, and cook ten minutes or longer in a double boiler or covered dish set in boiling water. Cooking thirty to forty minutes adds greatly to its delicacy. Carnation Granulated Wheat may be used in place of **Albers** Pearls of Wheat.

**Flapjacks**

Mix **ALBERS** FLAPJACK FLOUR with water alone or two-thirds milk and one-third water. When using water alone, add a little sugar or molasses to make the cakes brown. Stir to thin batter, and cook on hot griddle. DO NOT use salt, baking powder, soda, yeast, eggs or butter.

**Buckwheat Hot Cakes**

Mix **ALBERS** BUCKWHEAT FLOUR with water alone, or two-thirds milk and one-third water. When using water alone put in a little sugar or molasses to make the cakes brown. To one cup of contents use one cup of liquid. Mix to a smooth batter, and have your griddle hot. Condensed milk can be used as well as fresh milk. If griddle is an iron one grease with suet, lard, or dripping. Use no salt, yeast, baking powder, eggs or butter.

**Waffles**

To one pint **ALBERS** FLAPJACK FLOUR add one pint milk, one tablespoonful of melted butter, two eggs. Beat the eggs separately until very light, add the yolks to the milk, then the flour, then the melted butter, stirring vigorously, then the whites. Bake in hot greased waffle iron.

**Muffins**

Use above recipe, and add two tablespoonfuls of sugar. Bake in hot oven fifteen to twenty minutes.

**Wheat Flake Pudding**

To one-half pint of **ALBERS** WHEAT FLAKE MUSH, add two eggs, one pint of milk, one teaspoonful vanilla. Bake in moderate oven twenty minutes, and serve with sauce. Carnation Wheat Flakes may be used in place of **Albers** Wheat Flakes.

**Oat Cookies**

One-half cup shortening, one cup dark brown sugar, two eggs well beaten, two tablespoonfuls sour milk, one-fourth teaspoonful soda in milk, one cup **Albers** Flour, one-half cup of raisins or nuts, three cups of **ALBERS** ROLLED OATS. Drop from teaspoon about three inches apart. Bake a light brown. Carnation Oats may be used in place of **Albers** Oats.

**Oat Macaroons**

Beat one egg very light, add gradually one-half cup of sugar, then add three-fourths tablespoonful melted butter, one-fourth teaspoonful of salt, one-half teaspoonful of vanilla, one well rounded cup of **ALBERS** ROLLED OATS and three tablespoonfuls of English walnuts, chopped fine before measuring. Beat all together. Drop from teaspoon on a buttered tin. Shape in circles about one-fourth of an inch thick. A candied cherry may be placed in the center of each. Bake in a moderate oven until brown and crisp. After taking from oven, let stand two minutes before removing from tin. Carnation Oats may be used in place of **Albers** Oats.

**Oat Bread**

One cup **ALBERS ROLLED OATS**, two cups boiling water, one-half cup molasses, four or five cups **Albers** Flour, one teaspoonful salt, one tablespoonful melted lard or drippings, one yeast cake. Dissolve yeast cake in luke-warm water, pour two cups boiling water over oats. Let stand two hours. Mix all ingredients into as stiff a dough as can be stirred with a spoon. Let it stand over night. In the morning stir it down with a spoon thoroughly. Have pans greased. Fill each about one-half full, and let raise to the top of the pan. Bake in moderate oven one hour for good size loaves.

**Lightning Cake**

One cup **Albers** Flour, one cup sugar, one level teaspoonful baking powder. Sift all together. Take one-half cup melted butter, break into it two eggs and fill up remainder of cup with milk. Pour this into the flour, sugar and baking powder mixture, and beat thoroughly, one-half teaspoonful flavoring. Bake in moderate oven.

All other recipes for bread, cakes, etc., will be found in their regular order in the text of the cook book.

The above recipes were compiled, and have been in use by the Albers Bros. Milling Co. for several years. In addition to these recipes, there will be found directions on all of the packages they manufacture for preparing the food.

The Albers Bros. Milling Co. are the largest cereal manufacturers in the West. Their complete line of cereals and flours embraces over a hundred varieties. The best known of these are: Albers Oats, Albers Wheat Flakes, Albers Pearls of Wheat, Albers Flapjack Flour, Albers Buckwheat Flour, Albers Family Flour, Carnation Wheat Flakes, Carnation Rolled Oats, Carnation Granulated Wheat.

By commencing at once to use the Albers brands of cereals and flours, the housewife can insure herself getting the very best quality, and having a large variety to select from.

**ALBERS BROS. MILLING CO.**

Mills and Offices

Seattle, Tacoma, Portland, Oakland, Los Angeles  
San Francisco

**Baking Powder Biscuits**

Sift together three cups **Albers** flour, one teaspoonful salt and three teaspoonfuls of baking powder. Chop into this with a knife one teaspoonful each of lard and butter, then add gradually about one cup of milk, making a soft dough that can be easily handled. Take on board and knead gently. Cut in small rounds and bake fifteen to twenty minutes in moderately quick oven.

**Milk Rolls**

Sift in a basin three-quarters of a pound of **Albers** flour, add four heaping tablespoonfuls corn starch, and one pound salt. Warm two tablespoonfuls butter in one pint of milk, add one compressed yeast cake

**For House Furnishings, LACHMAN BROS. (See page 86)**

mixed with one teaspoonful sugar. Pour them among the flour, mix well and allow the dough to rise in a warm place. Knead it and make into rolls, allow them to rise again, then bake in a quick oven for twenty minutes.

#### Breakfast Rolls

One and one-half pints of **Albers** flour, one-half pint of Indian corn meal, (white), 1 teaspoon salt, 2 teaspoons Baking Powder, 1 tablespoon butter or lard, three-quarters pint of milk. Sift together flour, corn meal, salt and powder; rub in butter or lard; add the milk, mix smoothly into firmer dough than usual. Flour the board, turn out the dough, give it one or two turns to complete its smoothness. Divide it, thus prepared, into pieces the size of an egg; again divide these in half, which roll out under the hand until they are long and half the size of one's little finger. Lay on greased baking tin so that they do not touch, wash them over with milk. Bake in hot oven seven or eight minutes.

#### Rye Bread

One pint rye flour, one-half pint corn meal, one-half pint wheat flour, one teaspoon sugar, one teaspoon salt, two teaspoons Baking Powder, one teaspoon butter or lard, three-quarters pint milk. Sift together rye flour, corn meal, flour, sugar, salt and powder; rub in shortening and add milk. Mix into smooth batter. Pour into well-greased tin, bake in moderate oven about forty-five minutes. Cover loaf with paper first twenty minutes.

#### Corn Meal Muffins

Mix together 1 pint corn meal, one-half pint **Albers** flour, one-half pint corn, one tablespoon sugar, one teaspoonful salt, three teaspoonfuls Baking Powder, rub in finely two heaping tablespoons butter or lard. Beat up two eggs, add one pint of milk to them, pour them among the dry ingredients, mix well and divide into buttered muffin pans. Bake in a hot oven for fifteen minutes.

#### English Muffins .

One quart **Albers** flour, one-half teaspoonful sugar, 1 teaspoonful salt, two teaspoonfuls baking powder, one and one-quarter pints milk. Sift together flour, sugar, salt and powder; add milk, and mix into smooth batter stiffer than for griddle cake. Have griddle heated all over, grease it, and lay on muffin-rings; half them, and when risen well up to top of rings, turn over gently with cake turner. They should not be too brown. When all cooked, pull each open in half, toast delicately, butter well, serve on folded napkin, piled high and very hot.

#### Dainty Muffins

One-fourth cup butter, one-fourth cup sugar, 1 egg, one-half cup milk,  $1\frac{1}{2}$  cups **Albers** flour, 2 teaspoons baking powder. Cream butter in cup, add sugar and cream together. Put in bowl, and add well-beaten egg; sift powder with flour, and add, alternating with milk. Bake in hot buttered gem pans in moderately hot oven for twenty-five minutes.

#### Rice Muffins

Two cups cold boiled rice, one pint **Albers** flour, one teaspoon salt, one tablespoon sugar, one and one-half teaspoons baking powder, one-half pint milk, three eggs. Dilute rice, made free from lumps, with milk and beaten eggs; sift together flour, sugar, salt and powder; add to rice preparation, mix into smooth, rather firm batter; muffins pans must be cold and well greased, then fill two-thirds; bake in hot oven fifteen minutes.

## BRIDE'S COOK BOOK

### Hot Cross Buns

Sift together one quart of **Albers** flour, one-half teaspoon salt, one cup of sugar, three scant teaspoons baking powder. Rub in one-half cup butter, then add one-half pound cleaned currants, one-half teaspoon nutmeg, one-quarter pound cut citron, one-quarter pound seeded raisins, one-half teaspoon allspice. Beat two eggs, add one-half cup milk, and stir into the dry mixture, adding sufficient milk to mix to a firm dough. Mold into round buns, lay two inches apart on greased pans, brush with milk. Cut cross on each, sprinkle cut with granulated sugar, and bake in hot oven.

### English Breakfast Rolls

Roll one-quarter of a pound of butter into a pound of **Albers** flour; then add a tablespoonful of yeast, and break in one egg. Mix it with a little warm milk poured into the middle of the flour; stir all well together, and set it by the fire to rise; then make it into light dough and again set by the fire. Make up the rolls, lay them on a tin, and set them in front of the fire you put them into the oven, and brush them over with egg.

### Gems

One pint of **Albers** flour, one teaspoon baking powder, one-half teaspoon salt, one teaspoon sugar, three teaspoons melted butter, one cup milk, three eggs, whites and yolks beaten separately. Mix the same as for muffins, adding beaten whites last; bake in hot, well-greased iron gem pans.

### Graham Gems

One and one-half pint graham flour,  $\frac{1}{2}$  pint Indian corn meal, 1 teaspoonful salt, two teaspoons of baking powder, one and one-fourth pints milk. Sift together graham flour, corn meal, salt and powder. Add the milk, and mix into a moderately stiff batter. Half fill cold gem pans well greased. Bake in a solid hot oven ten or twelve minutes.

### Twin Peaks Muffins

Cream one-half cup butter, gradually beat in one-half cup sugar, then add two well-beaten eggs. Sift in three cups **Albers** flour, one cup corn starch and four teaspoonfuls baking powder, pour in one and one-half cups milk. Beat a minute and bake in buttered gems pans for 30 minutes.

### Johnny Cake

Take one cup cold boiled rice, one pint of **Albers** flour, two eggs, one quart of milk, one tablespoon of butter, and one teaspoonful of salt; beat very hard and bake quickly.

### Rice Muffins

Take one cup cold boiled rice, one pint of **Albers** flour, two eggs, one quart of milk, one tablespoon of butter, and one teaspoonful of salt; beat very hard and bake quickly.

### Raisin Bread

Dissolve a tablespoonful each of butter and lard in a cup of hot milk then add a cup of either cold water or milk to the hot milk to make lukewarm. Sift a quart of **Albers** flour with one teaspoonful salt, three tablespoonfuls of sugar, make a hole in center of flour and stir in half a cake of compressed yeast, which has been dissolved in a little luke-warm

water; add part of your milk, stirring in the flour, then break in one or two eggs and the rest of the milk; beat up the dough lightly, which must be a stiff batter. Let it raise all night in a warm place and well covered. In the morning add a cupful each of raisins and currants, two tablespoonfuls of sugar and either some nutmeg or caraway seeds or lemon peel. Make into two loaves, working very little; let rise very lightly and bake three-quarters of an hour.

### **German Coffee Cake**

Scald and cool to lukewarm half a pint of milk; add one heaping tablespoon of butter and two of sugar, a quarter of a yeast cake dissolved in a little warm water, a speck of salt, and **Albers** flour enough to make a soft bread dough. Let rise over night; knead in the morning early. Let it rise in a flat buttered tin. Rub butter over the top; sprinkle with sugar and cinnamon and bake for twenty to thirty minutes. Cut in squares and serve hot, with coffee.

### **Waffles**

Sift one and one-half cups of **Albers** flour into a bowl, add one-half cup corn starch, two teaspoonfuls baking powder and one-half teaspoonful salt. Beat up two eggs, add one and one-half cups milk to them, then add gradually to the flour, mix in one heaping tablespoonful melted butter. Fry on a hot, well greased waffle iron. Serve hot with syrup.

### **Kentucky Waffles**

Beat three eggs, whites and yolks separately. Add to the yolks two pints sifted **Albers** flour, one pint sour cream, stir well and make batter thin with sweet milk. Add three tablespoonfuls of melted lard, a teaspoonful of soda dissolved in a little cold milk, and lastly the whites of the eggs. Bake quickly in hot irons.

### **Rice Waffles**

One teacupful of **Albers** flour, sift with a teaspoonful of baking powder, one cupful of cold boiled rice, one tablespoonful melted butter, one-half of a teaspoonful of salt and three beaten eggs. Mash the rice fine, and the butter, then two teacupfuls of milk with the flour and then the eggs. Beat all together. Have the waffle irons hot and well greased with butter. Fill three-quarters full and let the first side be well browned before turning.

### **German Waffles**

One quart of **Albers** flour, one-half teaspoonful salt, three tablespoons sugar, two teaspoons baking powder, two tablespoons butter or lard, rind of a lemon, grated, one teaspoon extract of cinnamon, four eggs and one pint of thin cream. Sift together flour, sugar, salt and powder; rub in butter or lard cold; add beaten eggs, lemon rind, extract and milk. Mix into smooth, thick batter. Bake in hot waffle-iron, serve with sugar flavored with extract of lemon.

### **To Cook Hominy**

Take three cups of water to one cup of hominy, boil slowly for three-quarters of an hour; the longer it boils the better it is; then add half a teacup of sweet milk to one cup of hominy, then boil ten minutes more; stir it often while boiling.

**Hominy Fritters**

Two teacups of cold boiled hominy, add to it one teacup of sweet milk, a little salt, stir till smooth, add four tablespoonfuls of **Albers** flour and one egg; beat the yolk and white separately, adding the white last. Have ready a pan with hot butter and lard (half of each), drop the batter in by spoonfuls and fry a light brown.

**Hominy Waffles**

One teacup of cooked hominy, one egg, one tablespoonful of butter, a little salt, one pint milk, one pint of **Albers** flour, one teaspoonful of baking powder; beat the egg, add butter, salt and hominy, add the egg, beat in the milk and sift in slowly the baking powder and flour; beat all together and bake in a waffle iron.

**Scones**

Two cupsfuls of **Albers** flour, two teaspoonfuls baking powder, one-half of a teaspoonful of salt, one-third cup of sugar, three tablespoonfuls of butter, 1 egg, currants if liked. Add enough milk to make a soft dough, divide in half, flatten with the hand into a round cake the thickness of a biscuit, mark with a knife into four scones and bake quickly.

**French Pancakes**

Beat the yolks of three eggs until lemon colored and thick, add a cupful of milk, a teaspoonful of sugar and a half teaspoonful of salt. Sift half cup **Albers** flour into a third of the mixture and when smooth add the rest and beat thoroughly. Lastly add a teaspoonful of olive oil. Bake in a hot buttered frying pan, turning when brown. Take from the fire, spread with jelly, roll up, dust with powdered sugar and serve.

**Breakfast Cakes**

Put a pint of milk on the fire; let it simmer a few minutes. Stir into it a piece of butter the size of a walnut. Add salt, and three spoonfuls of good yeast, with three well-beaten eggs. Mix with these enough **Albers** flour to make a soft dough. Knead well together, put the mixture in a warm place in a basin with a cloth over it for two hours. Then make it up into small cakes, lay them on a well-oiled tin, and bake in a quick oven.

**Breakfast Griddle-Cakes**

Take one pint buttermilk or sour milk, one teaspoonful of salt and soda, two eggs. Thicken with **Albers** flour and cook on a hot griddle.

**Graham Griddle-Cakes**

One pint graham flour, one-half pint corn meal, one-half pint **Albers** flour, one teaspoon brown sugar, one-half teaspoon salt, two teaspoons baking powder, one egg, one-half pint each of milk and water. Sift together graham flour, corn meal, flour, sugar, salt, and baking powder. Add beaten egg, milk and water. Mix together into a smooth batter.

**Indian Griddle-Cakes**

Sift and mix together two-thirds of a quart of corn meal, one-third of a quart of **Albers** flour, one teaspoonful brown sugar, two heaping teaspoonfuls baking powder, one-half teaspoonful of salt. Add two beaten eggs and one pint of milk, beating into a smooth batter. Brown nicely on a very hot griddle. Serve with syrup.

**Flannel Cakes**

One and one-half pints of Albers flour, one tablespoon brown sugar, one teaspoon salt, two teaspoons baking powder, two eggs, one and one-half pints milk. Sift together flour, sugar, salt and powder; add beaten eggs and milk, mix into smooth batter that will run from pitcher. Bake on hot griddle rich brown color, in cakes large as tea saucers. Serve with maple syrup.

**Rice Pancakes**

Set a pint of new milk over the fire and when scalding hot stir in two spoonfuls of ground rice mixed smooth in one-quarter of a pint of cold milk. Let it thicken, but not boil. Cool it, adding gently one-quarter of a pound of butter. When cold add white sugar, a little nutmeg, four eggs well beaten, and a little salt. Use as little lard as possible in frying these pancakes and make them light brown. Sift sugar over them, roll them to a round shape and serve slices of lemon with them.

**Wheat Cakes**

These are the best plain hot griddle cakes without eggs, and they are light, tender and healthful. One quart of Albers flour, three teaspoons of baking powder, one-half teaspoon of salt. Sift well together and add sweet milk to make into a soft batter. Bake immediately on hot griddle. Should be full one-eighth inch thick when baked. Smother with butter and maple syrup or honey.

**Buckwheat Cakes**

Sift one pint of buckwheat flour and two teaspoonfuls of baking powder, and add a tablespoonful of brown sugar with enough water to make a batter. Beat but lightly and bake at once on a hot griddle.

**Rice Griddle-Cakes**

Boil one-half teacupful of rice; when cold mix with one quart milk, the yolks of four eggs and two teacupfuls Albers flour, having previously sifted the flour with two teaspoonfuls of baking powder with a little salt; beat the white of the eggs to a froth and add last. Bake on griddle.

**Corn Meal Griddle-Cakes**

Two cups corn meal, one cup Albers flour, one-half teaspoon salt, one tablespoon molasses, two teaspoons baking powder, milk or milk and water to make a thin batter on a griddle.

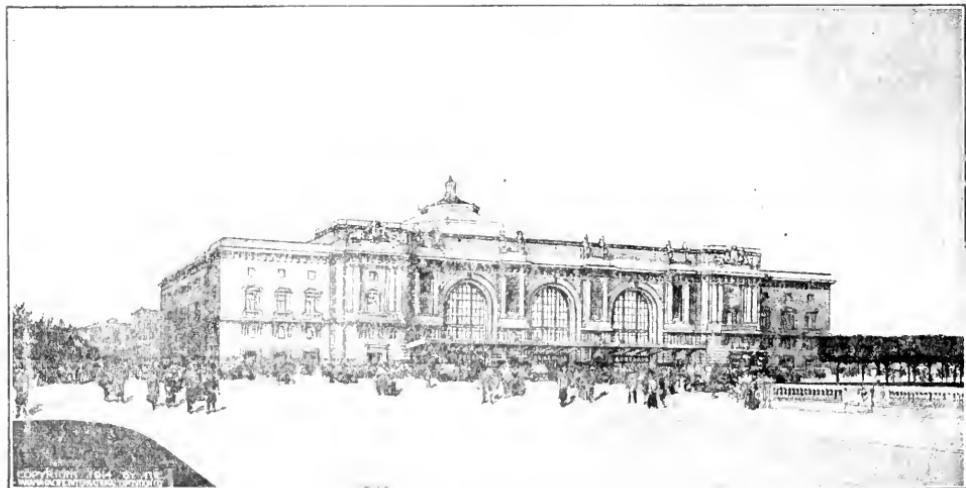
**Apple or Banana Fritters**

Make a batter of one and one-half cups of Albers flour, with two teaspoons of baking powder sifted through it, one egg, one-fourth of a teaspoonful of salt, two-thirds of a cup of milk, and a little sugar. Pare, core and cut into slices three small sour apples. Stir them into the batter. Drop from the spoon into boiling lard. Take out with skimmer and sprinkle powdered sugar over them. Add a little cinnamon to the sugar. Serve hot.

**Bread Fritters**

One quart milk—boiling hot; two cups fine bread crumbs; three eggs; one teaspoonful nutmeg; one tablespoonful butter—melted; one salt-spoonful salt, and the same of soda, dissolved in hot water. Soak the bread in the boiling milk ten minutes, in a covered bowl. Beat to a smooth paste; add the whipped yolks, the butter, salt, soda and finally the whites, whipped stiff.

BRIDE'S COOK BOOK



THE MUNICIPAL AUDITORIUM, SAN FRANCISCO, CAL.





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**Corn Fritters**

To one pint scraped corn add one-half cup milk, one-half cup **Albers** flour, one tablespoon melted butter, two beaten eggs, one teaspoon salt, one-third teaspoon pepper, one teaspoonful baking powder. Beat well, and fry in small spoonfuls as directed.

**Plain Shortcake**

Two cupfuls of **Albers** flour, two tablespoonfuls of butter, one cupful of milk, one teaspoonful of baking powder, one egg and a little salt. Beat thoroughly with a spoon. Pour this into the baking-pan and smooth a little with a spoon.

**Peach or Strawberry Shortcake**

Rub piece of butter the size of an egg into a little **Albers** flour, pour in two cupfuls of sour cream, one teaspoonful of soda and a little salt. Mix into dough and roll into cakes one-half of an inch thick and about the size of a pie tin. Prick with a fork and bake in a quick oven. When done split them open with a knife and spread with butter, lay the bottom piece on a plate and cover it with strawberries nearly an inch deep. The strawberries should be sprinkled with sugar a few hours before.

**Rice Fritters**

Cup of cold boiled rice, 1 pint of **Albers** flour, 1 teaspoonful salt, 2 eggs beaten lightly, and milk enough to make this a thick batter; beat all together and bake on a griddle.

**Doughnuts—No. 2**

Cupful of sugar, two eggs beaten light, one tablespoon of melted butter, cupful of sweet milk, two teaspoonfuls of baking powder and one very small teaspoonful of salt. Season to taste. **Albers** flour to knead as soft as possible. Fry in hot lard. Sour milk is as good by using one level teaspoonful of soda.

**Crullers**

One and one-half cups sugar, one cup milk, two eggs, two tablespoons butter, melted, one teaspoon each of vanilla and cinnamon, one-half teaspoon of salt, two teaspoons of baking powder mixed with two cups **Albers** flour and more flour to make a soft dough. Roll out, cut in squares, cut slits in each with jagging-iron and braid together. Fry in smoking-hot fat.

**Crullers**

Cup of milk, one cupful of sugar, two eggs, one tablespoonful melted lard, one tablespoonful of cinnamon, enough **Albers** flour to make into dough. Roll as thin as possible, and cut in strips 6 inches long and 1 inch wide with a jagging-iron or sharp knife. Fry in hot lard a very light delicate brown, and lay on a towel or paper to absorb the fat. Will keep indefinitely and if placed a few minutes in the oven, taste perfectly fresh.

## BRIDE'S COOK BOOK

### Milk Toast

Take one quart milk; when it comes to a boil, thicken with one teaspoonful corn starch and add salt to taste. Toast the bread a light brown; butter each slice, put layers of toast in a covered dish and pour on the thickened milk, then more toast and milk, and so on till the dish is full; cover and let stand five minutes.

### German Toast

Cut slices of stale bread, dip them in enough milk to soften, then dip in beaten egg; put in a pan with just enough butter to fry brown as an omelet, then serve. Like pancakes, the hotter the toast the better.

### Ham Toast

Chop cold boiled ham very fine, toast slices of bread and butter them. After laying the ham on toast place in oven for a few minutes. Beat four eggs with milk and salt and pepper. Pour the eggs into a saucepan with a lump of butter and stir till thick, but do not boil. Put the ham and toast on a platter, pour the eggs over, and serve.

### Egg Toast

Butter the toast and pour over it a sauce made of milk thickened with flour and seasoned with butter and salt; add the whites of eggs chopped fine, and grate the yolks over the top.

### Mock Cream-Toast

Melt two ounces of butter in a quart of morning's milk, take a large teaspoonful of Albers flour, freed from lumps, and the yolks of three eggs beaten light; beat these ingredients together several minutes; strain the cream through a fine hair sieve, and when wanted heat it slowly, beating constantly with a brisk movement; it must not boil or it will curdle and lose the appearance of cream; when hot dip the toast; if not sufficiently seasoned with butter, add salt; send to the table hot, the cream not taken up by the toast, in gravy bowl.

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AT POWELL



### To Make Icing for Cakes

Beat the whites of two small eggs to a froth, then add to them a quarter of a pound of white sugar, ground fine like flour flavor with lemon extract or vanilla, beat it until it is light and very white, but not quite so stiff as kiss mixture; the longer it is beaten the more firm it will become. No more sugar must be added to make it so. Beat the frosting until it may be spread smoothly on the cake. This quantity will ice quite a large cake over the top and sides.

### Marble Cake

**White Parts:**—Whites of seven eggs, three cups white sugar, one of butter, one of sour milk, four cups of **Albers** flour, sifted and heaping, one teaspoon soda; flavor to taste.

**Dark Parts:**—Yolks of seven eggs, three cups of brown sugar, one of butter, one of sour milk, four of **Albers** flour, sifted and heaping, one tablespoon each of cinnamon, allspice and cloves, one teaspoon soda; put in pans a spoonful of white part and then a spoonful of dark part, and so on. Bake an hour and a quarter. This will make one large and one medium cake. The white and dark parts are alternated, either putting in a spoonful of white then a dark or a layer of white and then of dark part, being careful that the cake may be nicely “marbleized.”

### Chocolate Layer Cake

Grate one cake of unsweetened chocolate, add four tablespoonfuls **Albers** flour, two teaspoonfuls baking powder, one cupful of sugar, five eggs beaten with the sugar. Beat all fifteen minutes and bake in layers.

**Filling**—One cupful of milk, one heaping teaspoonful of corn starch, mixed smooth in milk. Beat 3 eggs separately, add yolks to cup of milk, add 2 teaspoonfuls of vanilla extract. When warm, add butter the size of a hickory nut and one-half cupful of sugar. Stir in the beaten whites when cool.

### Fig Cake

Two cups of sugar, one of butter, one of cold water, dissolve one teaspoonful of soda; three cups of raisins, chopped fine, cinnamon and nutmeg, four eggs, one pound of figs; use the figs whole, covering them well with the cake to prevent burning. Bake in layers, frosting between each layer. Make as stiff as pound cake. Cut with very sharp knife to prevent crumbling. This makes two loaves.

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## BRIDE'S COOK BOOK

### Marshmallow Cake

Half cup of butter, one and one-half cups of sugar, one-half cup of milk, whites of five eggs, one-half teaspoonful vanilla, two cups of Albers flour, two teaspoonfuls of baking powder. Beat butter to a cream and gradually beat into it the sugar and vanilla, add milk and the stiffly beaten whites of the eggs, then the flour and baking powder sifted together. Bake in three layers.

Filling—Boil one and one-half cups sugar with three-quarters cup of water till it threads. Just before taking off the fire put in half a pound of marshmallows (cut in bits to melt easily). Pour this mixture in the beaten whites of two eggs and beat until cold enough to spread. By using the pink marshmallows it makes a very pretty cake.

### Molasses Cake

One cup butter, one of brown sugar, one-half of molasses, one of milk, one and one-half pints Albers flour, one and one-half teaspoonfuls baking powder, one egg. Rub smooth the butter and sugar; add the milk, egg and molasses; stir in flour, sifted with the powder; mix into a consistent batter, and bake in cake tin forty minutes.

### French Loaf Cake

Two cups of white sugar, one scant cup butter, one cup of sweet milk, three heaping cups of Albers flour, three eggs, two teaspoonfuls soda and cream of tartar all together, beat to a froth; add milk, beating well, flavor with lemon extract, add the flour gradually, pour into a cake tin lined with buttered paper, sprinkle a little powdered sugar over the cake before baking. It is well to cover it when first putting in the oven, in order not to harden the top too soon.

### Fruit Cake

One pound Albers flour, one pound sugar, one pound butter, two pounds of currants, one pound raisins, one-half pound citron, one ounce mace, one ounce cinnamon, four nutmegs, one ounce cloves, eight eggs, wine glass brandy, one-half ounce extract rose.

### Orange Cake

One cup white sugar, one small half cup butter, two cups Albers flour, one-half cup water, five eggs and two teaspoonfuls of Baking Powder, juice and rind of one orange; bake like jelly cake; frost each layer; make frosting of the remaining white.

### Chocolate Cake

Six sticks of chocolate, one and one-half cups of sugar, five eggs, one cup of milk, two cups of Albers flour, one-half cup each citron and almond chopped fine; teaspoon each of vanilla extract, cloves, cinnamon and nutmeg, 2 teaspoons baking powder; cream the butter and

sugar, beat the whites and yolks of eggs separately; add the well beaten yolks to the cream butter and sugar; then add the milk and some of the flour; stir well and add the whites of the eggs, then the remainder of the flour, in which the baking powder has been sifted; add citron, blanched almonds, spice and flavoring last. Bake in a moderate oven and not less than one hour. An excellent loaf cake and, like fruit cake, improves with age.

### Cocoanut Pound Cake

Beat one-half pound of butter to a cream, add gradually a pound of **Albers** flour, one pound of powdered sugar, two teaspoonfuls of Baking Powder, a pinch of salt, a teaspoonful of grated lemon-peel, quarter of a pound of prepared cocoanut, four well-beaten eggs, and a cupful of milk; mix thoroughly; butter the tins, and line them with butter paper. Pour the mixture in to the depth of an inch and a half, and bake in a good oven. When baked take out, spread icing over them and return the cake to the oven a moment to dry the icing.

### Seed Cake

Two cups of **Albers** flour, one-half cup of sugar, one-half cup of butter or clarified drippings, one teaspoonful baking powder, one egg, about two-thirds of a cupful of milk, one teaspoonful of caraway seeds and a pinch of salt. Stir together the flour, salt and baking powder, rub in the butter lightly, then add the sugar and seeds. Beat the egg light and add it with the milk. Bake one hour in a steady oven.

### Cocoanut Cream Cake

Take one and one-half cupfuls of sugar, one teacup of rich, sour cream, two eggs, (well beaten), any kind of flavoring and lastly add one teaspoonful soda sifted into two cupfuls of **Albers** flour. Beat the whole well, bake in layers in moderately hot oven.

**Filling**—Take the heavy sweet cream from one pan of milk and beat until stiff; add a little sugar and beat again; spread between the layers and on top. Over the sweetened cream sprinkle fresh grated cocoanut.

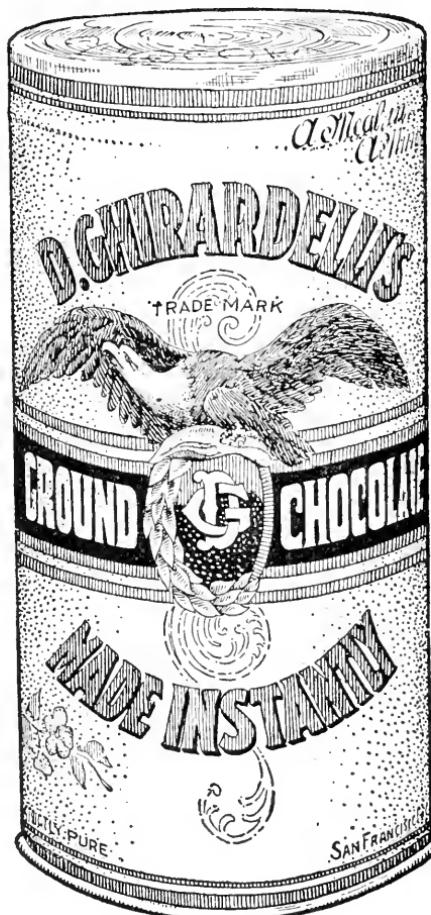
### Jelly Cake

Beat three eggs well, the whites and yolks separately; take a cup of fine white sugar and beat that in well with the yolks, and a cupful of sifted **Albers** flour; then stir in the whites slowly, one teaspoonful of baking powder and one tablespoonful of milk, pour in three jelly plates and bake from five to ten minutes in a well heated oven, and when cold spread with currant jelly, and place each layer on top of the other and sift powdered sugar on the top.

### Nut Cake

One-half cup butter, one and one-half cups sugar, three eggs, two and one-half cups of **Albers** flour; 1½ teaspoons baking powder, one-half cup milk, one cup of any meats of nuts preferred conveniently at hand. Rub the butter and sugar to a light, white cream; add the eggs, beaten a little, then the flour, sifted with the powder; mix the milk and nuts into a rather firm batter, and bake in a paper-lined tin, in a steady oven, thirty-five minutes.

# Ghirardelli's Ground Chocolate



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## Ghirardelli's Brown Stone Front Cake.

Three-quarters cup Ghirardelli's Ground Chocolate;  $\frac{1}{2}$  cup Sweet Milk;  $\frac{2}{3}$  cup Brown Sugar; yolk of one Egg. Beat all together. Soft boil until like a custard; set to cool. This is the Cream. Take 1 cup Brown Sugar;  $\frac{1}{2}$  cup Butter;  $\frac{1}{2}$  cup Sweet Milk; 2 Eggs; 2 cups Sifted Flour. After the cake is mixed then stir in the above cream. Then add 1 teaspoon Soda dissolved in a little warm water. Spread white boiled icing over and between the layers.

## Chocolate Bavarian Cream.

Two cupfuls Cream; 4 tablespoonfuls Ghirardelli's Ground Chocolate; 2 cupfuls Milk;  $\frac{1}{2}$  cupful Sugar;  $\frac{1}{2}$  cupful Water; 1 teaspoonful Vanilla Extract;  $\frac{1}{2}$  box Gelatine. Soak gelatine in cold water until soft, then add it to the milk, which has been scalded with the chocolate, stirring until dissolved. Remove from the fire, add sugar and extract. Turn into granite basin and set in a pan of ice water, stirring until it begins to thicken; then add the cream whipped to a stiff froth. Line a mould with peaches, turn in the mixture, set in cold place until firm. Unmold and serve with whipped cream.

## Ghirardelli's California Chocolate Cake.

One cup of Sugar; piece of Butter size of egg, creamed; 2 Eggs;  $\frac{1}{2}$  cup of Ghirardelli's Ground Chocolate;  $\frac{1}{2}$  teaspoonful Cinnamon;  $\frac{1}{2}$  cup of Milk; 1 cup of Flour; 2 teaspoonfuls Baking Powder; mix with Flour, bake in layers, spread with either strawberry jam or white of egg beaten to froth with cup of sugar.

## Ghirardelli's Chocolate Fudge.

Four rounded tablespoonfuls of D. Ghirardelli's Ground Chocolate; 2 cupfuls Sugar; 1 cupful Milk; Butter the size of a small hen's egg; 1 teaspoonful Vanilla; 2 drops Lemon Extract. Boil Sugar, Butter and Milk until thick and add Chocolate; cook until thread spins when tried; then add Extract and take from fire, stirring until nearly cold or becomes sugary. Turn on a well-buttered dish and cut in squares.

## Topsy Turvy Dainty.

Two level tablespoonfuls Ghirardelli's Ground Chocolate;  $\frac{1}{3}$  cup Sago; 1 cupful Water; 1 piece stick Cinnamon;  $\frac{1}{2}$  cup chopped Citron;  $\frac{1}{2}$  cup chopped Almonds;  $\frac{1}{2}$  cupful Sugar. Soak Sago over night and drain next morning; put in a double boiler with water and boil until thick; add Cinnamon and Citron and cook thirty minutes; remove Cinnamon and add Almonds, Sugar and Chocolate. Remove from fire as soon as sugar is dissolved and set away to cool. Serve with cream flavored.

## Chocolate Sauce.

One Egg; 1 cupful Milk; 1 teaspoonful Cornstarch;  $\frac{1}{2}$  cupful Sugar; 2 teaspoonfuls Ghirardelli's Ground Chocolate; 1 teaspoonful Vanilla. Scald milk and add the Cornstarch, which has been dissolved in a little of the cold milk; beat egg and add to the mixture with the sugar, chocolate and vanilla.

## Chocolate Icing.

Place 2 ounces of Ghirardelli's Ground Chocolate in an enameled saucepan with a quarter pint of boiling water; set on the stove for a few minutes, stirring constantly. Then remove, add  $\frac{1}{2}$  pound of pulverized Sugar and stir again until perfectly smooth.

**Exposition Cake**

One cupful of sugar, one-half of butter, one-half of milk, one and one-half cupfuls **Albers** flour, 3 eggs well beaten, 1 teaspoonful Baking Powder. Bring to a boil; six large tablespoonfuls of chocolate, three level teaspoonfuls of white sugar, two level teaspoonfuls of milk. Let cool and add to cake part. Bake in two layers; put together with marshmallow icing, to which has been added chopped walnuts.

**Sponge Cake**

One pound sugar, one **Albers** flour, ten eggs. Stir yolks of eggs and sugar till perfectly light; beat whites of eggs and add them with the flour after beating together lightly; flavor with lemon extract. Three teaspoons baking powder in the flour will add to its lightness, but it never fails without. Bake in a moderate oven.

**Lemon Cake**

Two scant cupfuls of sugar, one-half of a cupful of butter, three eggs, two and one-half cups of **Albers** flour, one cup of milk, two rounding teaspoonfuls of baking powder, grated rind of lemon and one-half teaspoonful of salt. Beat the butter with half the sugar, then add gradually the remainder of sugar, with the well-beaten eggs; put in the grated lemon rind, being careful not to use any of the white pith. Lastly stir in the flour with which the baking powder and salt have been sifted, alternately with the milk. Bake about forty minutes in a moderate oven and cover with lemon frosting.

**Coffee Cake**

Two cups brown sugar, one of butter, one of molasses, one of strong coffee as prepared for the table, four eggs, one teaspoon saleratus, two of cinnamon, two of cloves, one of grated nutmeg, pound raisins, one of currants, four cups of **Albers** flour.

**Hygienic Cake**

Three eggs, one cup sugar, one cup **Albers** flour, two tablespoons hot water. Beat twenty minutes without stopping, and bake three-quarters of an hour in slow oven. This recipe makes a small cake. Nuts can be added if desired.

**Apple Sauce Cake**

One cup of sugar, one of chopped raisins, one-half of butter, two of **Albers** flour, one of sour apple sauce, one teaspoonful soda, half a teaspoonful each ground cloves, cinnamon and allspice, pinch salt, half a cup chopped walnuts. Cream sugar and butter together, put the soda in the apple sauce, then add to sugar, stir well together, then the flour and spices, raisins and nuts last. Bake in slow oven one hour and ten minutes.

**Gold Cake**

Beat well the yolks of eight eggs, one cupful of granulated sugar, one-quarter of a cupful of butter, one-half cupful of sweet milk, one and one-half cupfuls of **Albers** flour, one teaspoonful baking powder. Cream butter and sugar together. Beat the yolks thoroughly, then stir in the butter and sugar; add the milk, then the **Albers** flour, and stir hard. Bake in a cake mold about forty minutes.

**German Fruit Cake**

One and one-half cups of **Albers** flour, one teaspoon butter, rubbed together; pinch of salt, one teaspoonful baking powder, milk to make batter thin enough to spread (a little thicker than cake). Put in a layer of fresh fruit all over the top and sprinkle with sugar.

**Angel Cake**

Whites of nine large eggs, a heaping cup sugar, a cup **Albers** flour, sifted five times, one teaspoonful of baking powder, a dash of salt, one-half teaspoonful each of lemon and vanilla extract. Separate the eggs add salt and baking powder to the whites and beat till stiff; add sugar and flavoring, beat thoroughly, then carefully turn in the flour. Bake in a moderate oven fifty minutes.

**Chocolate Squares**

Beat three eggs in one cup of sugar, one teaspoonful each of all-spice, cloves, cinnamon; two tablespoonfuls chocolate, teaspoonful vanilla; cup **Albers** flour with one teaspoonful baking powder and lastly a good supply of chopped nuts and raisins and two tablespoons of whiskey. Mix thoroughly and bake in a large pan half inch thick in moderate oven. Frost with following frosting: Half cup of powdered sugar and one tablespoon of boiling water, mix until smooth and put on cake. Cut in squares when cool, but not cold.

**Dried Apple Fruit Cake**

One pint of dried apples, soaked over night, then chopped fine; let them simmer in one cup of molasses a little while; add four eggs, two cups sugar, one cup buttermilk, one cup shortening, one tablespoonful soda, one tablespoonful cinnamon, one tablespoonful allspice, one tablespoonful cloves.

**Prune Cake**

One cup sugar, half cup butter; cream butter and sugar, add three eggs beaten, use white of one for icing. Then add cup of milk, one and one-half cups of **Albers** flour with two teaspoonfuls baking powder and a good pinch of salt sifted three times. Add above alternately. Stone a good-sized cup of stewed prunes and add half a cup of seeded raisins, one-fourth teaspoonful each of cloves and allspices, also half a teaspoonful of cinnamon and nutmeg. Bake in layers and use white icing. This has been tried and proved to be an excellent dark cake.

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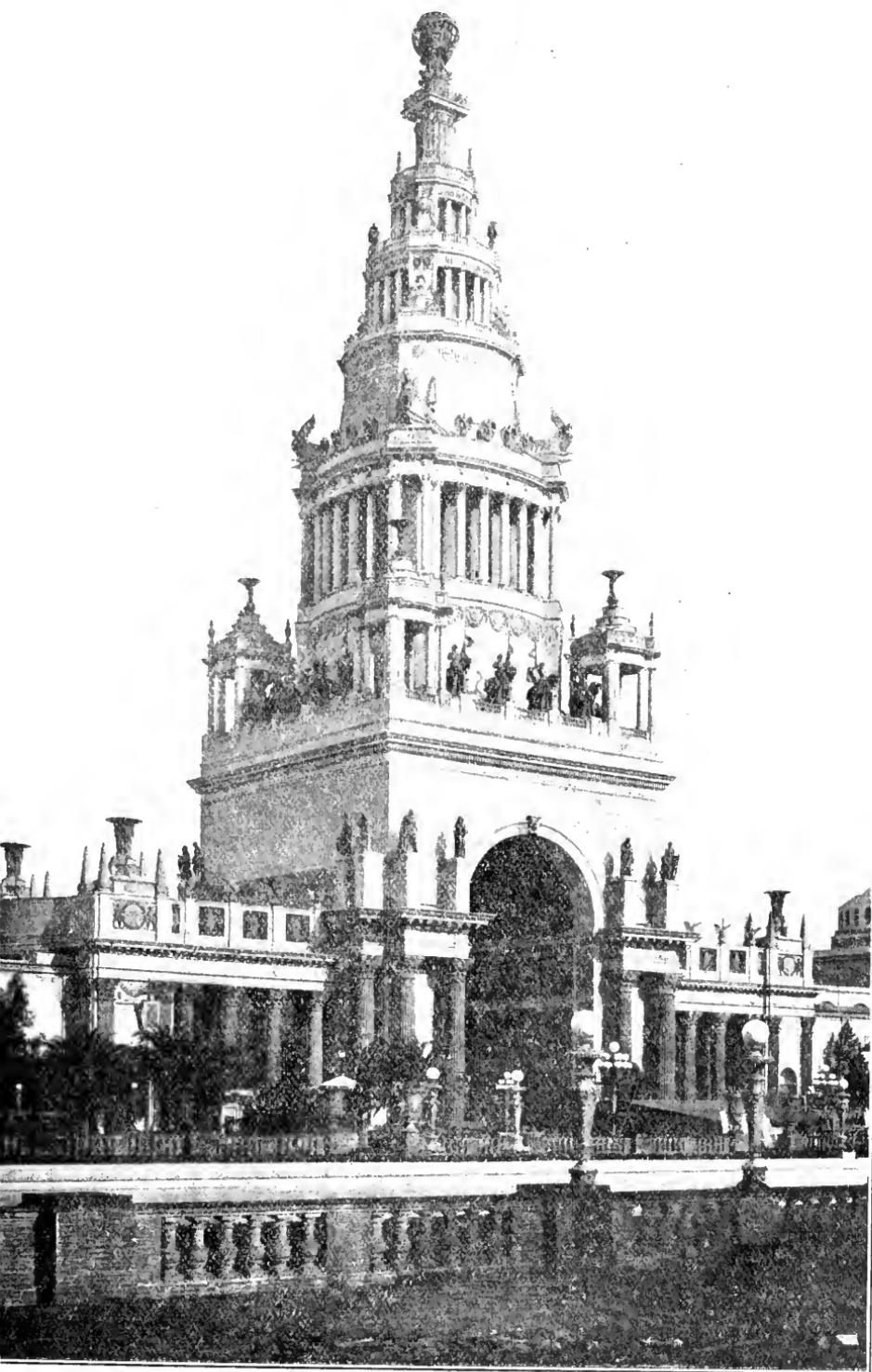
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TOWER OF JEWELS — *Panama-Pacific International Exposition, San Francisco, Cal.*

### Danish Apple Cake

Take twelve large, juicy apples, pare and core as for pie. Mix three cups fine bread crumbs, a little sugar and cinnamon. Grease a deep cake mold, sprinkle with crumbs a little thicker at the bottom, then a layer of crumbs, put a little bit of butter over crumbs, then apples, and so forth until all is used. Bake in a moderate oven two hours. When cold serve with whipped cream.

### Devil Cake

For the custard part: One cup of grated chocolate, one cup of brown sugar, a half cup of sweet milk, yolk of one egg and a teaspoonful of vanilla. Stir all together in a granite saucepan; cook slowly and set away to cool.

For the cake part: One cup brown sugar, two cups **Albers** flour, a half cup of butter, half cup of sweet milk and two eggs. Cream the butter, sugar and yolks of eggs, add milk, sifted flour and whites of eggs, beaten stiff; beat all together, then stir in the custard, lastly adding one teaspoonful soda, dissolved in a very little warm water. Bake in jelly tins.

The Filling: Two cups of sugar, ten tablespoonfuls of hot water, one-half teaspoonful of cream tartar; boil until thick. Put in thirty-two marshmallows; boil up again, then stir in the beaten whites of three eggs; when almost cool stir in one cupful of chopped walnuts, beat until cold, then spread between layers an inch deep. This is delicious and will keep indefinitely.

### Cocoanut Sponge Cake

Ingredients—One teacupful of granulated sugar, two teacupfuls of **Albers** flour, a tiny pinch of salt, two ounces of butter, three eggs, a large teaspoonful of baking powder, a little dessicated cocoanut and jam.

Method—Whisk the eggs to a cream in a large basin. Cream the butter and add it to the eggs, also the sugar and salt and whisk for five minutes; then gradually stir in the flour and lastly the baking powder.

Grease two cake tins, put in each a thin layer of the mixture and bake for fifteen minutes in a moderate oven. When the cakes are nicely set remove from the oven and take out of tins and place on a sieve to cool.

Spread with jam and press together and scatter cocoanut over the top; then cut up into fingers, diamond shapes, etc.

### Pound Cake

Take one pound and fourteen ounces of powdered sugar, one pound and two ounces of butter, twelve eggs and  $1\frac{1}{2}$  pints milk, three-quarters ounce of baking powder, three and one-half pounds of **Albers** flour (sifted); beat the eggs to a froth, rub sugar, butter and eggs together; then let stand till stiff and beat in milk, and, last of all, the flour.

### Lady Fingers

Two eggs, one cup sugar, one-half cup butter beaten to a cream, four tablespoons baking powder; enough **Albers** flour to stir with a spoon; lemon to flavor. For your molding board take a little piece of dough, roll with your hands as large as your finger, cut off in four-inch lengths and put closely on buttered tins. Quick oven.

### Burnt Sugar Cake

Take one cup of granulated sugar, place in a skillet and let it melt. Then pour in boiling water and stir until it is a thick syrup. Now 1 cup sugar, 1 of good rich milk, lump butter, size of an egg, 3 teaspoonfuls of baking powder, 2 tablespoonfuls burnt sugar, 2 eggs beaten well, **Albers** flour enough to make stiff as a common cake. Sift the baking powder into the flour. Flavor with vanilla extract. To white icing add 2 spoons of burnt sugar and put between and on top of layers. This is a four-layer cake.

### Soft Gingerbread

One cup molasses, one-half cup sugar, one-half cup butter, one-half cup milk, two eggs, one tablespoon ginger, one teaspoonful allspice, two cups **Albers** flour, one and one-half teaspoons baking powder. Bake in shallow pans or gem pans in moderate oven.

### Ye Ancient Gingerbread

One pint of sorghum molasses, one cup (genuine) sour buttermilk, one cup home-made leaf lard, one level tablespoon soda, three-quarters tablespoon ginger, one teaspoon each allspice, cinnamon, one-quarter teaspoon salt, two eggs and **Albers** flour to make a soft dough.

Mix lard and molasses, add beaten eggs, then add spice, salt and soda sifted with about one cup **Albers** flour and alternate with the milk, beating all well together. Finally add flour enough to make a soft dough. Roll rather thick, cut in fantastic shapes, "little gingerbread men," if to please the little folks, or any desired shape. Have a moderate heat only, as bread should not be baked too quickly.

### Cookies

One cup butter (or one-half butter and one-half lard), one cup sugar, 3 eggs, 1½ teaspoons baking powder, or use one teaspoon lemon flavoring. **Albers** flour enough to handle. Moisten the tops with beaten egg before putting in oven.

### Ginger Snaps—No. 2

One cupful butter, one cupful of molasses, one cupful of brown sugar, one beaten egg, one teaspoonful of vinegar, one large teaspoonful baking soda, dissolved in a little hot water, ginger and other spices to taste. Enough **Albers** flour to make a dough that can be rolled out. Roll thin, cut and bake.

**Jumbles**

Work three-quarters of a pound of butter into one and one-half pounds of Albers flour, one-half pound of sugar and three eggs beaten. Add one-fourth of a nutmeg grated, one-half teaspoonful lemon or vanilla extract. Mix well, roll out to the thickness of about one-eighth of an inch, grate loaf sugar over the dough, cut it with a biscuit or cake cutter, so that there will be a hole in the center. Lay them on flat tin plates and bake ten minutes in quick oven.

**Drop Fruit Cookies**

Two cups of sugar, two cups of butter, three eggs, one cup raisins, one cup currants (chopped), and teaspoonful each of cloves, nutmeg, cinnamon and soda dissolved in three tablespoonsfuls of whiskey or sweet milk, four cups Albers flour. Do not roll, but drop on tins.

**Oat Meal Cookies**

One cupful of sugar, one cupful of butter, one-half cupful of sour milk, one teaspoonful of soda dissolved in the milk, two eggs, two cupfuls oat meal, two cupfuls white Albers flour, one cupful of chopped raisins. Mix soft and roll. Cut in squares or with a cooky cutter. These are very delicious.

**Cinnamon Cakes**

Whites of four eggs, one-half cup sugar, one cup Albers flour, one-half teaspoon baking powder, two tablespoons cream, two teaspoon extract cinnamon. Mix as for cakes without butter and bake in patty pans in a quick oven. Ice with water icing flavored with cinnamon extract.

**Scotch Cookies**

Take two pounds of sugar, one pound of butter (one-half lard may be used), two eggs, one-half pint of molasses, one-half pint of water, one teaspoonful of soda; spices to suit the taste.

**Walnut Wafers**

One cup brown sugar, one cup Albers flour sifted twice, one small teaspoon of salt, one scant half cup of molasses, one scant half cup butter, two eggs, well beaten, one cup of chopped walnuts, drop from end of knife on well buttered tins; bake in slow oven; place them about three inches apart; lift from pan with sharp knife or cake turner.

**Popovers**

Two eggs, one cup sifted Albers flour, one cup milk, half teaspoonful salt, one teaspoonful melted butter. Beat eggs very light, add salt, flour and milk alternately; then add butter. Heat muffin pans very hot and add one teaspoonful butter for each muffin; fill half full and bake thirty-five minutes.

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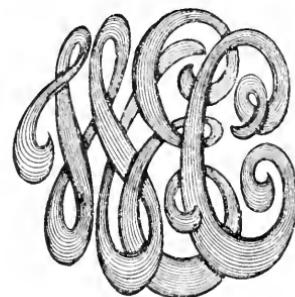
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# PAstry, PIES, AND TARTS

## Puff Paste

One quart of Albers flour, one pint of butter, or butter and lard half and half, a pinch of salt, one and one-quarter cupfuls of cold water. Sprinkle the salt in the flour and with the hands mix in quickly the shortening until all is smooth. Mix the cold water quickly as possible and roll out and fit to a pie plate. The flour on the crust is all that is needed to prevent the crust from sticking; cut off evenly around the edge of plate—gather up the scraps and make another sheet for the top of the pie and roll out the upper sheet a little thinner than the under crust, lap one half over the other and cut four or five small slits at the center. Fill the pie with prepared filling, wet the edge of the rim to prevent the juices from running out, lay the upper crust across the center of the pie, turn back the half that is lapped, slightly press the edges down with your thumb, dipping occasionally into flour to prevent sticking. Bake to a light brown.

## Paste

Three cups of Albers flour (sifted), one large cup butter, one-half teaspoon baking powder, two tablespoons sugar, one-half cup milk. Sift flour with powder and sugar, rub in butter, add milk; mix into a smooth dough of medium stiffness.

## German Paste

Take three-quarters of a pound of Albers flour, put into it half a pound of butter, the same of powdered sugar, and the peel of a lemon grated; make a hole in the middle of the flour, break in the yolk of two eggs, reserving the whites, which are to be well beaten; then mix all well together. If the eggs do not sufficiently moisten the paste, add half an eggshell of water. Mix all thoroughly, but do not handle too much. Roll out thin, and it may be used for all sorts of pastry. Before putting it into the oven, wash over the pastry with the white of the beaten eggs, and shake over a little powdered sugar.

## Rich Short Crust

Break ten ounces of butter into a pound of Albers flour dried and sifted, add a pinch of salt and two ounces of loaf sugar rolled fine. Make it into a very smooth paste as light as possible, with two well-beaten eggs and sufficient milk to moisten the paste.

## To Ice Pastry

To ice pastry, which is the usual method adopted for fruit and sweet dishes of pastry, put the white of an egg on a plate, and with the blade of a knife beat it to a stiff froth. When the pastry is nearly baked, brush it over with this, and sift over some powdered sugar; put it back into the oven to set a glaze, and in a few minutes it will be done. Great care should be taken that the paste does not catch or burn in the oven, which it is very liable to do after the icing is laid on.

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**Lemon Pie**

One small teacup of boiling water, put in juice and rind of one lemon, one teaspoonful of corn starch to thicken; then add four egg yolks, one cup of sugar, mixed together; beat the whites of two eggs stiff and put in with egg yolks and sugar. After custard is done put on top the whites of the other two eggs, put in oven and brown. Bake pie crust first.

**Apple Pie**

Stew green or ripe apples, when you have pared and cored them. Mash to a smooth compote, sweeten to taste, and while hot, stir in a teaspoon butter for each pie. Season with nutmeg. When cool, fill your crust, and either cross-bar the top with strips of paste, or make without cover. Eat cold, with powdered sugar strewed over it.

**Pumpkin Pie**

The following measure will make three good sized pies: Put into your mixing dish one quart and a pint of stewed and strained pumpkin, about one-quarter pound sugar, half cup molasses, half a tablespoon each ginger, nutmeg, a scant teaspoonful each of cinnamon and salt, one-quarter cup melted butter and one quart of milk. Beat six eggs and add to the mixture, and stir until the ingredients are well blended. Bake in a good, deep crust.

**Rhubarb Pie**

Select the red stalks, cut off where the leaves commence, strip off the outside skin, then cut in pieces one-half inch long; line a pie dish with paste, put a layer of the rhubarb nearly an inch deep, a large teacup of sugar, sprinkle with salt, shake over a little Albers flour, cover with a crust, slit in the center, trim off the edge and bake in a quick oven until done. Rhubarb pies made in this way are superior to those made of the fruit stewed.

**Lemon Cream Pie**

Make a good pie crust and prick bottom. Put one cup sugar and one cup water in a saucepan and let come to a boil. Mix one tablespoon corn-starch in a little water and add to water and sugar on stove. When thick take off stove and add a small chunk of butter; stir it up. Stir in the yolks of two eggs and grated rind and juice of one lemon. Beat whites of two eggs until thick and spread over pie when cooked; then put in oven to brown.

**Cranberry Pie**

Three cups cranberries, stewed with one and one-half cups sugar, and strained. Line pie plate with paste; put in cranberry jam; wash the edges, lay three narrow bars across; fasten at edge, then three more across, forming diamond-shaped spaces. Lay rim of paste; wash with egg wash; bake in quick oven until paste is cooked.

**Prune Pie**

Stew, stone and mash enough prunes to make a cupful of pulp. Add a cup cream, yolks of three eggs, beaten, flavor with vanilla, add pinch of salt; bake in a rich under-crust as quickly as possible; beat the whites of the eggs with two tablespoons of sugar, spread over top, return to oven and brown very highly.

**Mince Meat**

The following is an excellent recipe for mince meat and it will fill twelve to fourteen quart jars: Chop fine six pounds of cooked beef and mix with two pounds of chopped suet; add twelve pounds of chopped apples, five pounds of raisins, three and a half pounds currants, one pound of citron and two pounds of brown sugar; mix thoroughly and then add seven cups of molasses, two tablespoonfuls of cinnamon, three of nutmeg, two quarts of sweet cider, one quart of boiled cider, three cups of sherry wine and one pint of brandy. Cook twenty minutes, stirring frequently.

**Molasses Pie**

Four eggs, one cup sugar; two cups molasses. Boil sugar and molasses two minutes, then pour off into another cup sugar. Flavor with spice, cloves, cinnamon and butter. Bake thin crust.

**Cocoanut Pie**

Cream a half cupful of butter with two teacupfuls of powdered sugar, and beat in a half grated cocoanut. Fold in lightly the stiffened whites of six eggs, turn into a deep pie dish, lined with puff paste, and bake in a quick oven. Eat cold with powdered sugar and cream.

**Squash Pie**

Boil and sift a good dry squash, thin it with boiling milk until it is about the consistency of thick milk porridge. To every quart of this add three eggs, two great spoonfuls of melted butter or ginger, and sweeten quite sweet with sugar. Bake in a deep plate with an undercrust.

**Apple Meringue Pie**

Pare, slice, stew and sweeten ripe, tart and juicy apples, mash and season with nutmeg (or lemon peel), fill crust and bake till done; spread over the apple a thick meringue made by whipping to froth whites of three eggs for each pie, sweetening with three tablespoons powdered sugar; flavor with vanilla, beat well, and cover pie three-quarters of an inch thick. Set back in a quick oven till well "set," and eat cold. In their season substitute peaches for apples.

**Custard Pie**

Six eggs, one and one-half cupfuls of sugar, one cupful of butter, six tablespoonfuls of corn starch or Albers flour and three cups of milk; flavor to taste. This is sufficient for three pies; bake with one crust only.

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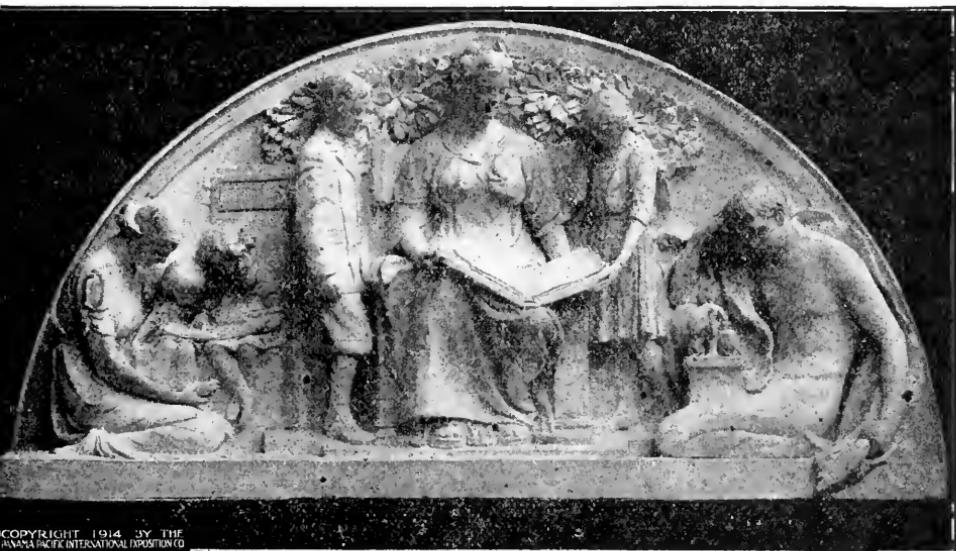
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**Pineapple Pie**

Slice of butter and a cup of sugar beat to a cream; add yolks of four eggs well beaten; then add a small can of grated pineapple. Last of all add the whites of two eggs well beaten and enough milk to suit taste. Line a deep pie plate with a rich crust. Put in custard and bake. When done beat the whites of two eggs, spread over top and brown.

**Stanley Currant Pie**

For each pie, take one cup fresh currants, mash with potato masher, add three-quarters cup sugar. Take yolks of two eggs, beat to a froth; add one tablespoon flour very slowly, a little sugar and one tablespoon water. Beat this into the mashed currants; put in crust and bake. When baked, beat whites of eggs to stiff froth, add one and one-half tablespoons sugar, put over pie and set back in oven to brown. (Bake with only under crust.)

**Famous Cream Pie**

One and one-half tablespoons sugar, one tablespoon Albers flour, one egg and the yolks of two eggs. When smooth add gradually one pint milk. Add one teaspoonful vanilla. Line your pie tin with crust and put holes in it with a fork to keep from blistering. Bake until a light brown. Put the filling in, the meringue on top and brown in oven.

**Gooseberry Tart**

Stem the gooseberries. Put into a porcelain kettle with enough water to prevent burning and stew slowly until they break. Take off, sweeten well. When cold, pour into pastry shells and bake with a top crust of puff paste. Brush all over with beaten egg while hot, set back in the oven to glaze for three minutes. To be eaten cold.

**Lemon Tarts**

Mix well together the juice and grated rind of two lemons, two cups of sugar, two eggs, and the crumbs of sponge cake; beat it all together until smooth; put into twelve patty-pans lined with puff-paste, and bake until the crust is done.

**Currant or Apple Tarts**

Time to bake, from three-quarters to one hour. Pick currants from their stems, or pare and quarter the apples; put them into pie dish with sugar, line edge of dish with paste, pour in a little water, put on cover, ornament edge of paste in the usual manner, and bake it in a brisk oven.

**Orange Tartlets**

Take out the pulp from two oranges, boil the peels until quite tender, and then beat them to a paste with twice their weight of pounded loaf sugar; then add the pulp and the juice of the oranges with a piece of butter the size of a walnut, beat all the ingredients together, line some patty-pans with rich puff-paste, lay the orange mixture in them and bake them.



### Baked Puddings

Bread or rice puddings require moderate heat for baking; batter or custard require a quick oven. Eggs for puddings are beaten enough when a spoonful can be taken up clear from the strings. Souffles require a quick oven. These should be made so as to be done the moment for serving, otherwise they will fall in and flatten.

#### Plum Pudding

One and one-half cups each grated bread, very finely chopped suet, raisins, seeded, currants, washed and picked, and coffee sugar, one-half cupful each of citron, milk and orange marmalade, four eggs, two cups of Albers flour, one teaspoon each of baking powder, cinnamon, Cloves, and Nutmeg. Mix all these well together in large bowl, put in well-buttered mold, set in saucepan with boiling water to reach one-half up its sides; now steam three and a half hours; turn out carefully on dish, and serve with wine sauce.

#### Plum Pudding—No. 2

One egg, half cup of sour milk, half cup molasses, half cup suet chopped fine, one cup seeded raisins, a large teaspoonful soda, Albers flour to make a thick batter, half teaspoonful of all kinds of spices. Steam three hours.

#### Sauce for Pudding

Half cup of butter, one cup of sugar beaten to a cream; one egg, the juice and grated rind of one lemon, three tablespoonfuls of boiling water stirred in separately. Set in top of the tea kettle and steam until cooked

#### Rice Pudding

One-half cup rice, one and one-half pints of milk, one-half cup sugar, large pinch salt, one tablespoon lemon rind chopped fine. Put rice, washed and picked, sugar, salt and milk in quart pudding dish; bake in moderate oven two hours, stirring frequently first one and one-half hours, then allow it to finish cooking with light-colored crust, disturbing it no more. Eat cold with cream.

#### Bread Pudding Baked in Cups

To one and one-half cups scalded milk, add one and one-half tablespoonfuls corn starch dissolved in two tablespoonfuls milk and stir until thickened. Add yolks two eggs beaten with one-quarter cup sugar, few grains salt, one teaspoonful butter, and one-quarter cup seeded raisins. Pour mixture over one cup stale, fine bread crumbs divided equally in buttered custard cups. Stand in hot water, and bake in moderate oven until custard is set. Beat whites of two eggs very stiff, then add two tablespoonfuls powdered sugar and put a portion of the meringue over each cup. Bake until lightly browned, serve hot or cold.

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**Tennies Danish Pudding**

Beat up six eggs and add one quart of hot milk. Melt two cups of brown sugar in an omelet pan. Be careful not to burn it. When melted spread around sides of pan, then pour the hot custard into this, place the whole in a pan of hot water and bake until custard is done (about one-half hour). Serve hot.

**Blackberry Roll**

Sift one pint of **Albers** flour with one teaspoonful of baking powder; mix into this one tablespoonful of butter and one-fourth teaspoonful salt; add three-quarters of a cupful of milk and roll out one-third of an inch thick. Spread plentifully with any kind of berries, sift sugar over and roll. Bake one-half hour and serve hot with the following:

**Sauce**—Cream together one-half cupful of sugar and one tablespoonful of butter; one cupful of mashed berries and one cupful of boiling milk. Wet one teaspoonful of corn-starch in enough milk to dissolve it and stir in slowly. Let boil three minutes and serve.

**Farina Pudding**

Five ounces farina stirred gradually and boiled in one quart of milk, then let it cool, separate the yolks and whites of five eggs, beat the whites to a stiff froth, and stir the yolks and sugar together, then stir all into the cool boiled farina, flavor and bake three-quarters of an hour; it will be light like a souffle if made in this manner.

**Indian Pudding**

Mix one cup of yellow corn meal, one cup of molasses, and one teaspoon of salt. Pour on one quart of boiling water, add one tablespoonful of butter, three pints of cold milk, and one cup of cold water, and two eggs. Bake in deep, well-buttered pudding dish holding at least three quarts. Bake very slowly seven or eight hours. Do not stir, but cover with a plate if it bakes too fast. A cup of currants may be used to give variety.

**Custard Pudding**

One and one-half pints of milk, four eggs, one cup of sugar, two teaspoons Vanilla, pinch of salt. Beat eggs and sugar together; dilute with milk and extract; pour into buttered pudding dish, set in oven in dipping-pan two-thirds full of boiling water; bake until firm, thirty-five to forty minutes in moderate oven.

**Amber Pudding**

Into a quart of boiling milk stir a teacupful of corn meal and one quart of sliced sweet apples; add one teaspoonful salt and one teacupful of molasses. Mix thoroughly. Add two quarts of milk; pour into a large, buttered dish and bake in a slow oven about four hours. When cold, a clear, amber-colored jelly will have formed throughout the pudding and apples will be a rich dark brown.

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**Suet Pudding**

One cupful of chopped suet, one teacupful of molasses, one cupful sweet milk, three and one-half cupfuls of **Albers** flour, one cupful raisins, one cupful of curants, one teaspoonful of soda, a pinch of salt, one-half teaspoonful each of cinnamon, allspice, cloves. Steam two hours. Citron or lemon peel may be added if desired.

**Snow Pudding**

One ounce of gelatin; pour on it a pint and a half of boiling water; add two teacups of white sugar, the grated peel and juice of two lemons; strain into a deep dish to cool; when it commences to jelly, add to it the whites of four well-beaten eggs, beat until the dish is full, put in molds and place in a cool place.

**Cocoanut Pudding**

Grate cocoanut, then stew it slowly in one quart of milk; pour this on a half loaf of baker's bread; when cool add one pound of sugar, and one-half pound of butter, beaten to a cream; then add six eggs and bake.

**Prune Pudding**

One pound of prunes, one-half pound of walnuts or almonds, the whites of four eggs, one cupful of sugar, whipped cream; flavor to taste. Stew prunes and when cold remove stones, then chop fine, also chop nuts and put in dish with sugar and well-beaten whites of eggs. Whip cream, flavor, and spread on top.

**Queen Pudding**

Two-thirds of a cup of butter, cup sugar, cup of **Albers** flour, three eggs, one-half teaspoon baking powder, small glass of brandy. Rub to a smooth cream butter and eggs; add eggs, one at a time, beating few minutes after each addition; add flour sifted with powder, and brandy; put into mold well buttered, set in saucepan with boiling water to reach one-half up its sides; steam thus one and one-half hours; turn out on dish carefully; serve with lemon sauce.

**Corn Starch Pudding**

Boil one quart of milk, then beat the yolks of four eggs, with four tablespoonfuls of corn starch and a little milk; stir into the boiling milk, let it boil up once and turn into a pudding dish; then beat the whites of the eggs to a froth and add four spoonfuls of white powdered sugar; cover the pudding with the mixture, and set in the oven and brown lightly half an hour. Flavor with vanilla, lemon, etc.

**Apple Tapioca Pudding**

Pare and core enough apples to fill dish; put into each apple bit of lemon peel. Soak one-half pint tapioca in one quart lukewarm water one hour, add a little salt; flavor with lemon; pour over apples. Bake until apples are tender. Serve cold with cream and sugar.

**Fig Pudding**

One-quarter pound of figs, chopped fine, one-quarter pound of bread crumbs, one-quarter pound of brown sugar, one-quarter pound of suet, one-quarter pound of candied citron and lemon peel and five eggs. Mix thoroughly; steam or boil four hours.

**Lemon Pudding**

Half a pound of sugar, half pound of butter, five eggs, half gill brandy, rind and juice of one lemon; beat well the butter and sugar, whisk the eggs, add them to the lemon, grate the peel, line a dish with puff paste, and bake in a moderate oven.

**Marmalade Pudding**

Two cupfuls of fine stale bread crumbs, one cupful of rich milk, half cream preferred, the yolks of five eggs beaten very light, one-half teaspoonful of soda stirred in boiling water, one cupful of sweet marmalade. Scald the milk and pour over the crumbs. Beat until half cold and stir in the beaten yolks, then the soda. Fill pudding dish two-thirds full with the batter, set in a quick oven and bake one-half hour. When done turn out quickly and spread over the top a goodly spoonful of marmalade. Cover with the whites of the eggs beaten stiff and return to the oven to brown.

**Tapioca Pudding**

Cover three tablespoons tapioca with water; stand over night; add one quart milk, a small piece of butter, a little salt, and boil; beat the yolks of three eggs with a cup of sugar, and boil the whole to a very thick custard, flavor with vanilla; when cold cover with whites of eggs beaten.

**Sago Pudding**

One quart of milk, four tablespoons sago boiled in the milk till soft; set dish in kettle of hot water, and let sago swell gradually. Beat up three eggs, and stir into cooked milk and sago; salt and sugar to taste. Then put in oven and bake very lightly. Serve with creamy sauce.

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# Sauces for Pudding

## Lemon Sauce

Boil one cup sugar and one cup water together fifteen minutes, then remove; when cooled a little, add one-half teaspoon extract lemon and one tablespoon lemon juice.

## Plain Pudding Sauce

To one cupful of sugar add one egg and beat very hard. Add one tablespoonful of boiling water and set on the stove to warm; flavor to taste. A good sauce for almost any pudding.

## Custard Sauce

Scald one pint milk in double boiler. Dissolve three-quarters tablespoonful corn starch and add to milk, cook about ten minutes. Beat yolks two eggs slightly, add one-quarter cup sugar, one-eighth teaspoonful salt, dilute two tablespoonfuls thickened milk, pour into boiler, let cook at lower temperature until eggs are thickened. Remove from fire, add one teaspoonful butter and one-half teaspoonful vanilla. Beat well and cool quickly. Serve cold.

## Hard Sauce

Beat one cup sugar and one-half cup butter to white cream; add whites two eggs; beat few minutes longer; add tablespoon brandy and teaspoon extract nutmeg; put on ice until needed.

## Creamy Sauce

Cream two tablespoons butter; beat in by degrees one-half cup powdered sugar, two tablespoons each of thick cream and sherry. Beat long and hard. Just before serving stand bowl over hot water and beat until sauce looks creamy, but is not hot enough to melt the butter.

## Brandy Sauce

Melt one rounding tablespoonful butter. Add three level tablespoonfuls corn starch,  $\frac{1}{2}$  tablespoonful Albers flour, few grains salt. When well blended, add one pint hot water gradually, stirring constantly, and cook five or six minutes. Then add three-fourths of a cup of brown sugar, cook a minute, add one teaspoonful vanilla extract and one tablespoonful brandy. Remove from fire, add one rounding tablespoonful butter, and beat until very smooth. Strain if necessary. Serve with steamed puddings.

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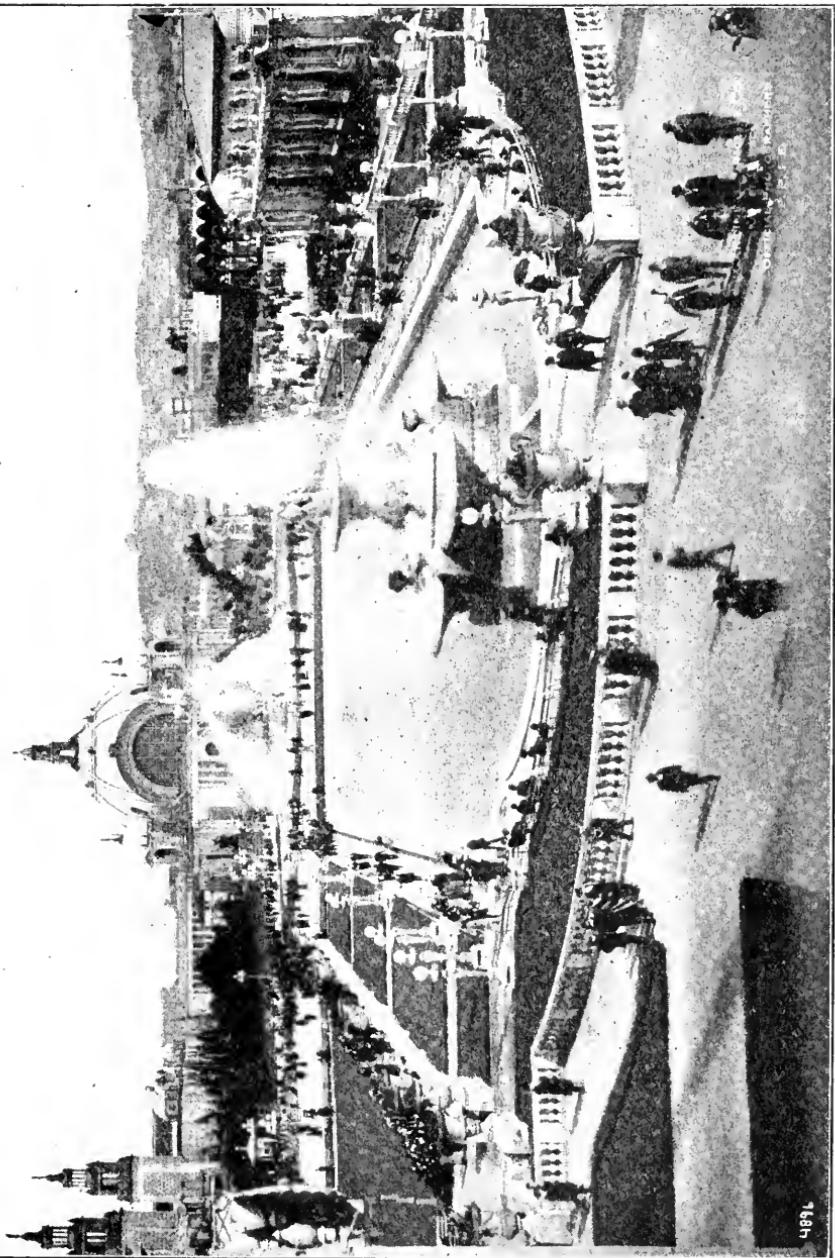
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**Vanilla Sauce**

Put one-half pint milk in small saucepan over the fire; when scalding hot, add yolks of three eggs; stir until thick as boiled custard; add, when taken from the fire and cooled, one tablespoon extract vanilla and whites of eggs whipped stiff.

**Orange Sauce**

Mix one teaspoonful corn starch with two tablespoonfuls of sugar. Squeeze the juice from three oranges and heat it. When sufficiently hot add corn starch and sugar and cook till clear.

**Wine Sauce**

Three-quarters pint water, one cup sugar, one small teaspoon corn starch, one teaspoonful of extract lemon and cinnamon, one-half gill of wine. Boil water, add corn starch, dissolved, and the sugar; boil fifteen minutes, strain; when about to serve, add extracts and wine.

**Chocolate Sauce**

Scald one pint milk in double boiler. Add one tablespoonful corn starch mixed with one-half tablespoonful Albers flour and few grains salt dissolved in cold milk, and cook over hot water ten minutes. Melt one and one-half squares chocolate, add one-quarter cup sugar, stir until smooth and add to thickened milk. Beat whites two eggs until stiff, add one-half cup sugar and yolks two eggs mixed, not beaten, together, and pour hot mixture slowly into egg mixture. Turn back into boiler, let stand over hot water, but not cook, for a minute or two. Add one tea-spoon vanilla. Cool before serving.

**Ice Cream**

One quart of milk, 7 eggs, yolks and whites beaten separately, four cupfuls of sugar, two quarts of sweet cream, six tablespoonfuls of flavoring. Scald the milk in a double boiler, beat the yolks extra white, add the sugar and beat a little longer, run little by little, add the boiling milk, beating continuously, stir in the well-beaten white of eggs, return to the boiler and cook until as thick as boiled custard, stirring steadily; take off fire, and when quite cool stir in the cream and flavoring; then freeze.





### To Fry Fish

After the fish is well cleansed, lay it on a folded towel and dry out all the water; when well wiped and dry, roll it in wheat flour, rolled crackers, grated stale bread or Indian meal, whichever may be preferred; Albers flour will generally be liked. Have a thick-bottomed frying pan with plenty of sweet lard salted (a tablespoonful of salt to each pound of lard) for fresh fish which have not been previously salted; let it become boiling hot, then lay the fish in and let it fry gently until one side is a fine, delicate brown, then turn the other; when both are done take it up carefully and serve quickly, or keep it covered with a tin cover, and set the dish where it will keep hot.

### To Broil Fish

Rub the bars of your gridiron with dripping or a piece of beef suet, to prevent the fish from sticking. Put a good piece of butter into a dish, enough salt and peper to season the fish. Lay the fish on it when it is broiled, and with a knife put the butter over every part. Serve very hot.

### To Bake Fish Whole

Cut off the head and split the fish down nearly to the tail; prepare a dressing of bread, butter, pepper and salt, moisten with a little water. Fill the dish with this dressing, and bind it together with a piece of string; lay the fish on a bake-pan and pour round it a little water and melted butter. Baste frequently. A good-sized fish will bake in an hour. Serve with the gravy of the fish, drawn butter.

### Broiled Salt Mackerel

Freshen by soaking it over night in water, being careful that the skin lies uppermost. In the morning dry it without breaking, cut off the head and tip of the tail, place it between the bars of a buttered fish-gridiron, and broil to a light brown; lay it on a hot dish, and dress with a little butter, pepper, and lemon juice, vinegar.

### Fried Bass With Bacon

Clean required number of bass, season with pepper and salt, roll in Albers flour, drop in pan of hot lard or oil and fry to a golden brown. Fry in a separate pan some bacon; one piece for each piece of fish, and lay on the fish. Garnish with parsley.

### Broiled Salmon

Cut six slices of salmon, sprinkle with salt and pepper, dip in beaten eggs and bread crumbs. Place in a saucepan, cook both sides quickly. Drain and lay them in a dish. Garnish them with a few pieces of lemon dipped in parsley chopped fine and some eggs fried in oil.

**Boiled Salmon**

Sew as many pounds as desired up in a cheese-cloth bag, and boil for a quarter of an hour to the pound, in slightly salted water. When done, take out and lay upon a dish, being careful not to break the fish. Prepare a small cupful of drawn butter, in which had been stirred a tea-spoonful of minced parsley and the juice of one-fourth of a lemon. Pour over the salmon and serve. Garnish with parsley. The choicest portion of the salmon is that at the center and toward the tail.

**Boiled Halibut**

Purchase a thick slice cut through the body, or the tail piece, which is considered the richest. Wrap it in a floured cloth and lay it in warm water with salt in it. A piece weighing six pounds should be cooked in half an hour after the water begins to boil. Melted butter and parsley are eaten with it. If any is left, lay it in a deep dish and sprinkle on it a little salt, throw over it twelve cloves in some vinegar, and it will, when cold, have much the flavor of lobster.

**Baked Bass**

Make filling of cracker or bread crumbs, an egg, pepper, cloves, salt and butter. Fill very full, when sewed up, grate over it a small nutmeg and sprinkle it with pounded cracker. Then pour on the white of one egg, and a little melted butter. Bake it an hour in the same dish in which it is to be served.

**Baked Bass—No. 2**

Select a choice bass, weighing in the neighborhood of four pounds; season with salt and pepper and roll in flour. Roast with a good slice butter, three tablespoonfuls of catsup, two tablespoonfuls Worcestershire sauce, one small onion and a clove of garlic. Bake four minutes and add the juice of fifteen cent's worth of California oysters and a little water, if necessary, to make enough gravy. Ten minutes before serving, add a wine glass of white wine and ten cents' worth of picked shrimps: just before removing from the oven add the 15 cents' worth of oysters and let cook up once.

**Fried Finnan Haddies**

Rub oil on both sides of the fish, and set it in a frying-pan, with plenty of butter. Shake the pan over a clear fire. Three minutes will cook it. Then rub a little butter over it and send to table.

**Fish Cutlets**

Season with salt and pepper, pint of any cold cooked fish; make thick cream sauce of milk, butter and **Albers** flour, when cold mold it with the fish into shapes of cutlets. Put the cutlets first into cracker crumbs, then into egg and again into crumbs. Fry in hot fat until brown.

**Codfish Balls**

Put fish in cold water, set on back of stove; when water gets hot, pour off and put cold again until fish is sufficiently fresh; then pick it up. Boil potatoes and mash them, mix fish and potatoes together, while potatoes are hot, taking two-thirds potatoes and one-third fish. Put in plenty of butter; make into balls and fry in plenty of lard. Have lard hot before putting in balls. Variation may be had by rolling each ball in beaten egg, then in dry bread crumbs before frying.

**Fish Steaks Fried**

Cut the slices of fresh fish three-quarters of an inch thick, sprinkle with **Albers** flour, or cornmeal slightly salted or dip them in eggs lightly salted and roll in crumbs; fry a light brown. Salmon or any other large fish can be fried this way.

**Creamed Fish**

Pick (not shred) one cupful of codfish; place in a spider and fill and cover with cold water. Stir a moment over the fire and pour off the water. Stand on the stove, cover the fish with one and one-half pints of milk and a large tablespoonful of butter. Stir into a cup of cold cream two heaping tablespoonfuls of **Albers** flour and when the milk on the stove is about to boil mix this with it. When the mixture has thickened stand where it will boil no longer and stir into it one egg. Serve at once.

**Fish Chowder**

Two pounds of fresh white fish, a quarter of a pound of bacon, five small potatoes, one small onion, six tomatoes, one quart of milk, butter the size of a small hen's egg and a teaspoon **Albers** flour. Pick the fish to pieces. Remove the bone and skin; cut potatoes into small squares; the bacon in small pieces; rub the butter and flour to a cream. Spread in a granite kettle half of the potatoes, then half of the fish, then sprinkle in the minced onions, then the bacon, then half of the tomatoes. Then a shake of salt and pepper; add the rest of the fish, tomatoes, potatoes, and more salt and pepper, using in all one teaspoon of salt and one-fourth teaspoon of pepper. Cover with water, let simmer for half an hour. Scald the milk, put a pinch of soda into the chowder and stir; add the hot milk to the butter and flour; stir smooth; then add to the chowder. Serve very hot.

**Fish Balls**

The remnants of any cold fish can be used by breaking the fish to pieces with a fork, removing all the bones and skin, and shredding very fine. Add an equal quantity of mashed potatoes, make into a stiff batter with a piece of butter and some milk, and a beaten egg. Flour your hands and shape the mixture into balls. Fry in boiling lard or drippings, to a light brown.

**Fish Croquettes**

Take remnants of boiled cod, salmon or halibut and pick the flesh out carefully. Mince it moderately fine. Stir a piece of butter, a small spoon **Albers** flour and some milk over fire until they thicken. Then add pepper, salt and a little grated nutmeg, together with finely-chopped parsley, and then the minced fish. When very hot remove from the fire, turn on a dish to get cold, then shape and finish the croquettes.

**Grilled Sardines**

Scrape the fish free from skin, and wipe dry. Roll each fish in melted butter, sprinkle cayenne pepper and salt. Cover chopped parsley and chopped mushrooms. Wrap each fish in oiled paper and put into oven until hot. Serve on strips of toast, on hot platter.

**A Choice Entree.**

Melt butter about the size of an egg, in a saucepan, and stir in enough Albers flour to thicken. Add a bottle of tomato catsup. When well heated, season with salt, pepper, Worcestershire sauce, the juice of one lemon, and green peppers finely chopped.

Heat one can of sardines in their own liquor, but do not let them cook. Drain, pour into the tomato mixture, and let them get piping hot. Serve on buttered toast.

(If the sardines put up in tomato sauce are used, make a sauce by using the preparation in the can, adding tomatoes which have been strained, and thickened; then season as above).

**Deviled Sardines**

Roll each fish in a mixture of mustard, Worcestershire sauce, anchovy sauce and a little melted butter. Lay each on a slice of toast in a hot oven for five minutes. Serve immediately. (The "Mustard" Sardines are easiest prepared this way, as the mustard in which they are packed can be utilized).

**Sardine Rolls**

Make a nice, rich pie crust, cut in four-inch squares. Put one soused sardine in center of each square. Roll up and close ends by pinching. Bake quickly as you would pie. Garnish platter with lettuce leaves. This makes a delicious luncheon dish.

**Sardine Rarebit**

One can of sardines, drain off juice and wipe each fish. Put each fish on toaster and brown. Also toast some narrow strips of bread, upon which put the fish, and then place in oven to keep warm while the sauce is being made.

**SAUCE**—Melt one tablespoonful of butter and add two tablespoonfuls of grated cheese, stir until cheese is melted, add gradually the beaten yolk of an egg mixed with one-fourth cup of cream. Stir until smooth and thick, and add  $\frac{1}{2}$  teaspoonful of salt and  $\frac{1}{2}$  teaspoonful of tabasco sauce. Pour this over the sardines, a few spoonfuls to each fish. Serve with sliced lemon.

**Baked Sardines**

Take one can of sardines, drain off the juice, chop fine after removing back-bone. Add yolks of 3 eggs beaten very light,  $\frac{1}{2}$  cup grated bread crumbs, 3 tablespoonfuls melted butter,  $\frac{1}{2}$  teaspoonful each of salt, pepper and finely chopped parsley, beat whites of eggs and add last. Put in buttered pan and bake  $\frac{1}{2}$  hour.

**Spanish Sardines**

(Mrs. Laura Maxwell, San Francisco)

Place squares of nicely toasted bread or crackers upon serving dish, then upon the toast place sardines, powder well with chile powder, and sprinkle a thick layer of dry cheese over all. Place in a hot oven until thoroughly heated. Serve hot.

**Sardines a la Hollandaise**

(L. S. Hathaway, Berkeley)

Heat a can of sardines ("Soused") in the tin by immersing in hot water. Cut fresh bread in strips remove crusts, and toast. Place one or two of the fish on each strip of toast, pour some of the dressing from the can upon each, and arrange in a circle on a large platter. Fill the center of the dish with the sauce and garnish with water cress or olives. Make a thick Hollandaise Sauce as follows:

Beat half a cup of butter to a cream, add the yolks of two eggs, one at a time, the juice of half a lemon,  $\frac{1}{2}$  teaspoonful of salt, and a speck of Cayenne pepper. Mix in bowl and place in saucepan of boiling water. Beat with an egg-beater until it begins to thicken, then add a scant half cupful of boiling water, beating all the time.

**A Delicious Entree**

Put one can of soused sardines in boiling water. Let same boil for half an hour or until thoroughly heated. Remove from can, place two fish on each slice of toast and cover with a highly seasoned tomato sauce.

**Sardine au Vin**

Put contents of can of soused sardines in a shallow baking dish, pour over this one pint of oysters and one pint of shrimps, season well and cover with wine. Bake fifteen minutes.

**Sardines a la San Jose**

(Miss Elvina Tomlinson, San Jose)

In a small saucepan melt one level tablespoonful of butter and a rounding tablespoonful of Albers flour, mix to a paste and add strained tomatoes. Boil the mixture for two minutes. Mix sardines and bread crumbs (one cup) and chopped parsley, moisten in half a cup of the tomato sauce. Cover the top with the remaining bread crumbs and dot with bits of butter.

Bake for twenty minutes, browning top nicely. This may be baked either in a baking dish or stuffed into bell peppers.

Serve with the remaining cup of the tomato sauce.

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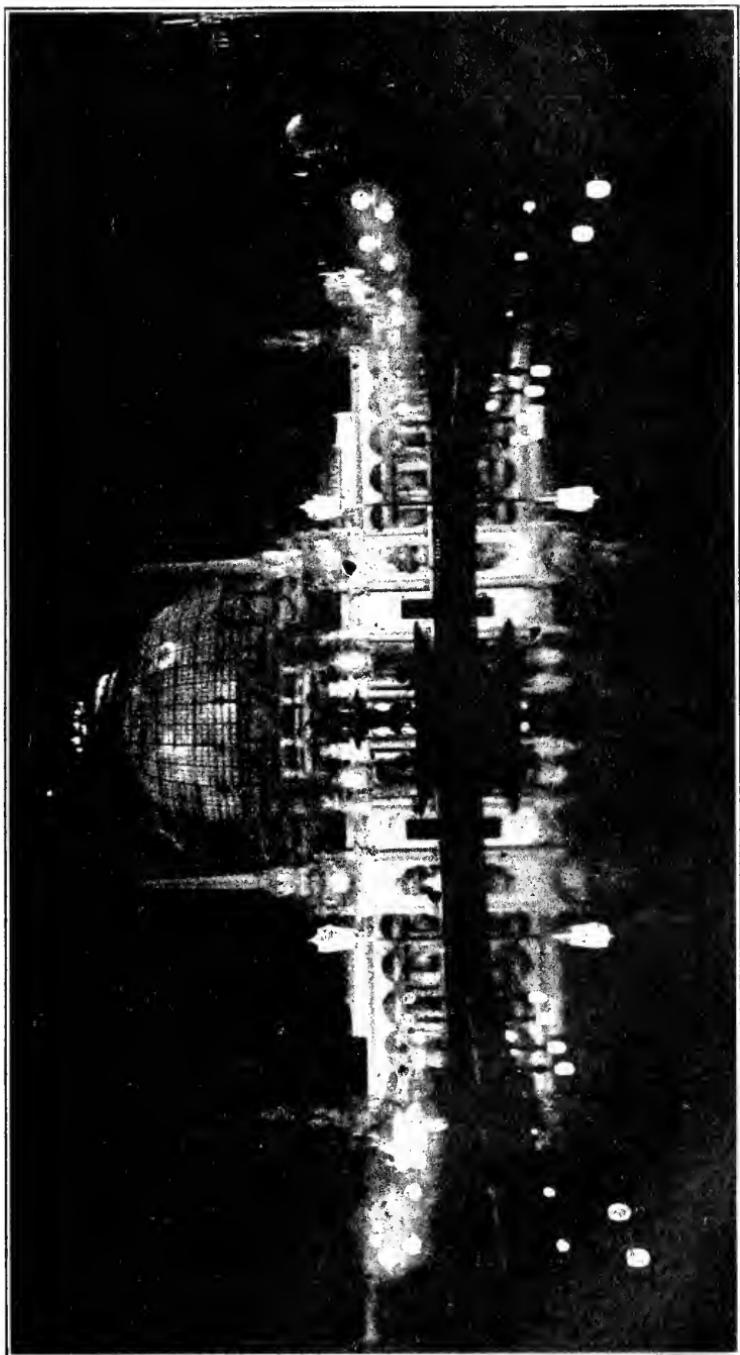
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The Recipes for Preparing and Serving

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Are Contributed to the  
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—By—



SEÑOR JOSE BENEVIDEZ

CHEF AT

S A N D Y S G R O T T O

243-245 O'FARRELL STREET

By Permission of  
SANDY McNAUGHTON

## BRIDE'S COOK BOOK

### Fancy Fry for Bride and Groom

Fry one dozen Eastern oysters; beat four eggs, put in pan with oysters, and cook together; serve on buttered toast.

### Fancy Roast

Cook one dozen Eastern oysters in their own juice; add butter, pepper, salt, and one-half teacup of catsup let it come to a boil; serve in hot dish on buttered toast.

### Pepper Roast

Follow recipe for Fancy Roast, adding to it a tablespoonful of green peppers chopped very fine.

### Kirkpatrick

Take large fresh shell oysters, pour Creole Sauce over oysters in the shell, sprinkle with grated Parmesan cheese; lay a thin strip of bacon over each oyster, and bake in oven about three minutes.

### Escalloped Oysters

Dip oysters in cracker meal; put back in shell, pour a little drawn butter over them, and lay a small strip of bacon on top of each oyster. Bake three minutes, and serve in shell.

### Hangtown Fry

Spread flat omelette with thin broiled bacon, cover with fried oysters. May be served on thin buttered toast.

### Blue Point Royal, Champagne Sauce

Take one small onion, one clove of garlic chopped very fine, one-quarter can of French mushrooms cut in quarters, add brown beef gravy, and braize in pan for five minutes; thickening with a little **Albers** flour or corn starch. Place oysters in their own juice, and let come to a boil. Put oysters, juice and sauce together, and boil for three minutes. Season with salt and pepper, then add brandy, claret, sherry, and white wine, one tablespoonful of each; sprinkle with chopped parsley, pour over buttered toast, and serve hot.

### Cream Sauce

Stir three tablespoonfuls of **Albers** flour in one-third cup of melted butter, add one cup of cream, one cup of milk, stir constantly. Season with pepper and salt; strain if not smooth.

**Poulette Sauce**

Add a cup of cream and the yolks of two eggs beaten together until they are light, to Cream Sauce, and a little paprika.

**Newburg Sauce**

Add white wine and sherry to the Poulette Sauce.

**Oysters Poulette**

Let oysters come to a boil in their own juice, cook about three minutes. Put over buttered toast; pour Poulette Sauce over them.

**Lobster Newburg**

Remove boiled lobster meat from shell, and cut into squares of an inch or less; spread on butter toast, and pour Newburg Sauce over them.

**Deviled Crabs**

Put one-half pound of butter into a saucepan with one tablespoonful of Albers flour, and cook together, stirring it constantly to prevent its burning; add to it one large tumblerful of rich cream, one boiled soft onion mashed to a paste or pulp, a little grated nutmeg, and season with salt and cayenne pepper. Then put in the crab meat enough to fill eight crab shells and a raw egg or two, stir together well and cook until it begins to thicken, which will only take a few minutes; then pour it all on a flat dish, and allow it to stand until cold. Now fill the back crab shells with the mixture, egg them over with a brush, and cover with cracker dust. Place in a baking pan, put a small lump of butter on top of each, and bake in a slow oven to a light brown color.



**Chafing Dish Recipe**

Skin the fish and lay on brown paper for a few minutes. Then dip in beaten egg and roll in finely powdered cracker crumbs.

Place butter in a chafing dish so that when melted it will cover bottom of the dish to the depth of three-eighths of an inch. When hot place the sardines in and cook until nicely browned, being careful not to let them burn.

Serve on a lettuce leaf with mayonnaise dressing.

**Sardine Balls**

Pick required number of sardines into fine pieces, season to taste with salt, pepper and onion juice. Make into small balls, handling as little as possible. When the chafing dish (or saucepan) is hot, butter the balls enough to prevent sticking, place in pan, and shake gently for a few minutes until brown. Serve hot.

**Sardines a la Cambridge**

Take a can of good sardines ("Mustard"), remove the backbone and outside skin and rub the meat through a sieve; mix with it minced raw oysters, the yolks of two hard-boiled eggs, a tiny dust of paprika, three ounces of fresh bread crumbs, one and a half ounces of warm butter, and the liquor from the oysters, and the yolks of two raw eggs. Divide the mixture into portions about the size of walnuts, roll each up in Albers flour and dip into beaten egg and then into freshly made bread crumbs, and put into a frying basket and fry for three or four minutes in clean boiling fat. Dish up in a pile on a hot dish on a dish paper, and serve hot. Garnish with a little fresh parsley around the dish.

Remove the skin from a can of sardines and place them in a pan, add a piece of butter, a glass of white wine, a few shrimps, a dozen oysters, a few mushrooms and a few crusts of bread fried in butter, and when all is well cooked make the following sauce:

Place in a pan a piece of butter the size of an egg and melt, then add a spoonful Albers flour and when brown, half a glass of the above mixture except the fish; use a wooden spoon. When the sauce is made, add the yolk of an egg and take from the fire. Place the fish in a dish, spread on the sauce, and put in a warm oven for fifteen minutes and serve.

**Scalloped Sardines**

One can of sardines, one cupful of sauce (as below), five or six soda crackers. Pick the fish over, removing back-bone and tail, and flake with a fork. Place a layer of the sardines in an agate baking dish, cover with the sauce, then a layer of the cracker crumbs, another layer of sardines, and so on until the fish is all used. Cover the top

## BRIDE'S COOK BOOK

layer with cracker crumbs and bake in a hot oven until brown. Prepare the fish sauce as follows:

SAUCE—Two tablespoonfuls each of **Albers** flour, butter, cup hot milk, salt and pepper to taste. Melt the butter in sauce-pan until it bubbles, then add the flour, salt and pepper until smooth, and pour the hot milk in gradually, stirring each time. Cook until it thickens. This is a good sauce to serve with any fish.

### Sardines in Tomato Sauce

Drain the sauce from a can of sardines put up in tomato sauce. Add cayenne pepper and onion juice. Lay fish in and remove from the fire and cover. Let stand ten or fifteen minutes, sprinkle with chopped olives and serve.

### Baked Soused Sardines

Put a layer of Soused Sardines in the bottom of baking dish, then put a layer of cracker crumbs, then a layer of tomatoes. Season with pepper, salt and butter, until dish is full, cracker crumbs on top. Bake for half an hour and serve as meat course.

Put into the chafing dish a piece of butter size of an egg. When melted add one-half teaspoonful finely chopped onion, one tablespoonful green peppers cut in small cubes. Fry until done. Add contents one can sardines. Mix a teaspoonful of **Albers** flour with butter the size of a walnut and stir in while boiling. At the last add a spoonful of sweet Spanish peppers chopped fine. Serve hot.

### Sardines Fried in Crumbs

Take a can of sardines (the larger the better), wipe very dry, season with salt, pepper, lemon juice; dip in **Albers** flour, then into beaten egg, and lastly in bread crumbs. Heat about three ounces of butter in the blazer, add the sardines, turning them occasionally until a nice golden brown. Serve with tartar sauce.

### Sardines in Worcestershire Sauce

Mix one teaspoonful of mustard with one of Worcestershire sauce, add a pinch of paprika, and pour over half a dozen sardines, which have been previously prepared by scraping off the skin and laid in the chafing dish. Cover the sardines with the sauce as above and let simmer for about three minutes. Have ready some pieces of toast about one and one-half inches wide and three inches long, well buttered and hot. Put one sardine on each slice, and serve at once.

# **Stuffings**

## **Lamb and Veal Stuffing**

Three cups stale bread crumbs, three onions chopped fine, one teaspoon salt, one-half teaspoon white pepper, two tablespoons chopped parsley, one-half cup melted butter or suet.

## **Poultry Stuffing**

One quart stale bread crumbs, salt, pepper, and powdered thyme to season highly, one-half cup melted butter.

## **Chestnut Stuffing for Poultry**

One pint fine bread crumbs, one pint shelled and boiled French chestnuts chopped fine, salt, pepper, and chopped parsley to season, one-half cup melted butter.

## **Oyster Stuffing for Poultry**

Substitute small raw oysters, picked and washed, for chestnuts in above recipe.

## **Celery Stuffing**

Substitute finely cut celery for chestnuts.

## **Stuffing for Tomatoes, Green Peppers, Etc.**

One cup dry bread crumbs, one-third teaspoonful salt, one-quarter teaspoon pepper, one teaspoon onion juice, one tablespoon chopped parsley, two tablespoons melted butter. Hominy, rice, or other cooked cereal may take the place of crumbs.

## **Stuffing for Pork**

Three large onions parboiled and chopped, two cups fine bread crumbs, two tablespoons powdered sage, two tablespoons melted butter, or pork fat, salt and pepper to taste.

## **Sage Stuffing for Geese and Ducks**

Two chopped onions, two cups mashed potatoes, one cup bread crumbs, salt, pepper, and powdered sage to taste.

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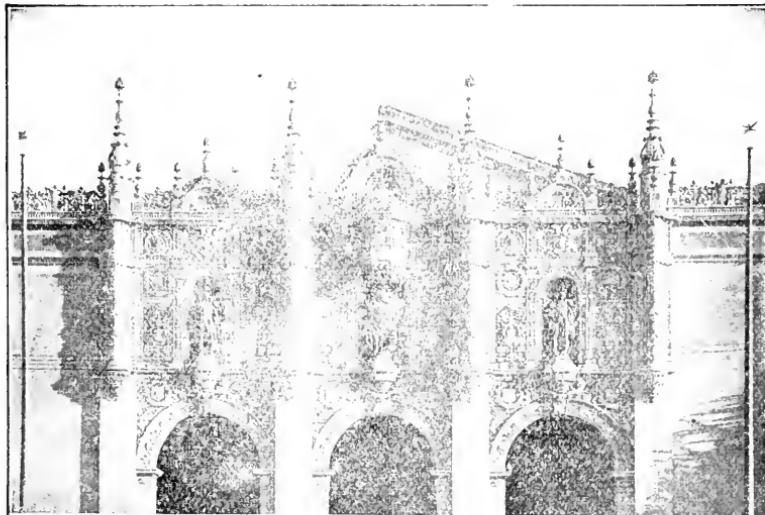
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# *Breakfast Dishes*

## **A Simple Quick Breakfast**

Take a can of sardines and put it into a pot of boiling water, allowing to boil fifteen minutes. Remove fish from can and serve with boiled potatoes.

### **Sardine Omelette**

Place a good-sized piece of butter in a chafing dish or frying pan. When it becomes hot, add four well-beaten eggs, four tablespoonfuls of cream, and a little salt. When about the proper consistency, place small piece of the fish on the omelette, roll and serve on a hot platter.

### **Sardine Croquettes**

Take one can of sardines, one tablespoonful of melted butter, yolks of two hard-boiled eggs, one tablespoonful lemon juice,  $\frac{1}{2}$  cup bread crumbs, pepper and salt to taste. Mince the fish fine and work in the yolks of the eggs, together with the lemon juice, bread crumbs, and salt and pepper. Make into little rolls, dip in beaten eggs, roll in corn meal and fry in hot fat or olive oil. Serve dry and hot.

### **Sardine Fritters**

One cup flour, two teaspoonfuls baking powder, one egg, one cup of bread crumbs, small piece of butter, enough milk to make a batter; add the milk gradually, then the egg well beaten. Take one cup of Sardines shredded fine with a fork, and season with salt, pepper and dash of lemon juice. Add the fish to the batter, mixing thoroughly, and drop by spoonfuls into melted butter or hot olive oil. Drain on brown paper and serve hot.

### **Minced on Toast**

Remove the skin and tail of the fish, place in a mortar or bowl and work into a paste, seasoning with celery salt and paprika. Spread on crisp slices of toast and place in a hot oven to brown. Serve hot.

### **An Appetizing Breakfast Dish**

Put a can of sardines into a saucepan and cover them with boiling water, heat ten minutes, remove fish from the can and drain off liquor into a separate dish. Place the fish on a platter and pour over it the following sauce: One cup of milk, two tablespoonfuls cornstarch, the Sardine liquor, one tablespoonful butter, one egg well beaten, salt and pepper to taste. Heat the milk, thicken with cornstarch and add the butter, salt, pepper, Sardine liquor, and egg. Serve promptly.

**Sardine Toast**

To a cup of the fish sauce described above, stir in a cupful of sardines which have been picked fine. Pour this over rounds of crisp hot toast and serve hot.

**Fried Sardines**

The larger sized fish are preferable for this dish. Dip into beaten egg, roll in corn meal or cracker crumbs, and fry in olive oil until nicely browned and crisp. Serve on slice of hot toast, garnished with lemon slices.

**Sardines on Toast With Fried Potatoes**

(Mrs. Arthur Markley, Elmhurst)

Mince cold boiled potatoes and one small onion, brown nicely in butter, seasoning with salt and pepper. Take one can of sardines ("Soused"), set it in hot water and heat through. Drain off the liquor and add to it small lump of butter and half cup milk. Have ready buttered toast, place it on a hot platter, and saturate it with the liquor drained from the fish to which milk, butter, pepper and salt have been added. Place one or two fish on each slice of toast, and arrange the browned potatoes around the dish, garnishing with crisp young 'ettuce leaves or slices of lemon.



# *Salads and Sandwiches*

## Sardine Salad

Break the fish into pieces with a silver fork. Cut four or five crisp lettuce leaves, some celery stalks, small pickles and stuffed olives. Season with paprika. Add enough mayonnaise dressing to make it creamy, and toss the whole lightly together with a fork. Serve in tomato cups, or on lettuce leaves with mayonnaise and olives.

## Sardine and Egg Salad

Place two fish on lettuce leaves, over which slice hard-boiled egg; add one or two ripe olives to each dish. Then cover with mayonnaise. This makes an exceptionally good salad.

## Cucumber Salad

Slice cucumbers on lettuce and on this place two fish, for each dish, and cover with mayonnaise.

## Sardine Salad

(Mrs. Shaw, San Francisco)

Split the fish lengthwise down the back and lay on crisp lettuce leaves; squeeze the juice of one-fourth of a lemon on each fish. Put a spoonful of mayonnaise on top and garnish with cucumber pickles cut in small strips.

## Sardine and Tomato Salad

Arrange crisp white lettuce leaves around platter, select good-sized round tomatoes and remove the pulp, after cutting a slice off the top of each. Mince three stalks of white celery and one small onion. Take one can of sardines, remove the tail and back-bone and break into pieces. Mix the fish, the celery and onion together and fill the tomatoes, putting a spoonful of mayonnaise dressing on top.

## One Minute Salad

One can of sardines, several stalks of celery and half a pint of mayonnaise dressing. Remove the tail, skin and back-bone from the sardines and pick the fish apart, adding the celery (cut up fine) and the mayonnaise, mixing lightly together. Season with salt and cayenne. Arrange in salad dish, pour a little mayonnaise over the top, and trim the platter with lemon and lettuce leaves. This makes a delicious salad, and is very easily and quickly prepared.

### Ideas in Salads

Prepare celery stalks very carefully by removing the stringy fiber until entirely free from shreds. Chop quite fine, and to two cupfuls of celery add two cupfuls of chopped lettuce, the latter crisp and fresh as possible. Season with salt, pepper and thyme, vinegar, olive oil, bay leaf. If possible, add half a teaspoonful shoyu, or Japanese sauce, which greatly improves the flavor. Mix all thoroughly and then add crab, shrimp, sardine, spiced mackerel or halibut filling. Boiled halibut, chilled in salt water, makes a good combination with crab, and when broken into small portions and allowed to stand for an hour or so, in the same salt water with crab, can with difficulty be distinguished from the crab itself. For sardine, potato and meat salads, a tablespoonful of onion juice is desirable.

Make mayonnaise dressing by using the yolks of three or four eggs, according to the quantity desired, and after beating add, drop by drop, pure olive oil, stirring constantly until the mixture begins to thicken. Then a larger quantity of oil may be stirred in until the mixture becomes of proper consistency, about like heavy cream; do not season until thickened for fear of curdling. Salt very sparingly, and if desired sift in a little cayenne pepper, a few drops of lemon, two teaspoonsfuls of spiced mustard vinegar from mustard pickles.

### Mayonnaise Dressing

Put the yolk of an egg into a cup with salt-spoonful of salt, and beat until light, one-half teaspoonful of mustard and beat again. Then add olive oil, drop by drop, then a few drops of vinegar and the same of lemon juice. Continue this process until the egg has absorbed a little more than a half a teacup of oil; finish by adding a very little cayenne pepper and sugar.

### French Dressing

Mix one-fourth of a teaspoonful of salt, dash of white pepper, 3 tablespoons olive oil. Stir for few minutes, then gradually add 1 tablespoon vinegar, stirring rapidly until mixture is slightly thickened and vinegar cannot be noticed. Mixture will separate in about twenty minutes.

### Chicken Salad

Cut cold roast or boiled chicken in small dice, add celery cut fine, season with salt and pepper. Mix with French dressing and put aside for an hour or more. Just before serving stir in some mayonnaise slightly thinned with lemon juice or French dressing, arrange on lettuce leaves and cover with thick mayonnaise.

### Crab Salad

One pint of crab meat, two stalks of celery, cut fine; one hard-boiled egg, chopped fine, and one tomato cut into small pieces; season with salt, pepper and vinegar, mix in salad bowl, garnishing it with crisp leaves of lettuce; dress with mayonnaise dressing.

**Lobster Salad**

Cut the lobster into small squares and season with two tablespoonfuls of vinegar, 2 of oil, 1 teaspoonful of salt and pepper and let it stand in a cool place for an hour. When ready to serve line the salad bowl with crisp lettuce leaves, and after mixing the lobster thoroughly with mayonnaise place it on the lettuce. Serve with toasted crackers and cheese.

**Salmon Salad**

Remove bones and skin from salmon. Drain off liquid. Mix with French dressing or thin mayonnaise; set away for awhile. Finish same as lobster salad. Other fish salads may be prepared in same manner.

**Tomato Salad**

Pare with sharp knife. Slice and lay in salad bowl. Make dressing in the following manner: Work up saltspoon of each of salt, pepper and mustard, two tablespoons of salad oil, adding a few drops at a time, and, when thoroughly mixed, whip in with an egg, beaten, four tablespoons vinegar; toss up with fork.

**Cold Slaw**

Chop or shred a small white cabbage. Prepare a dressing in the proportion of one tablespoonful of oil to four of vinegar, a teaspoonful mustard, salt and sugar, and pepper. Pour over the salad, adding, if you choose, three tablespoonfuls of minced celery; toss up well and put in a glass bowl.

**Potato Salad**

Four large potatoes, one-half a small onion, a little celery, chopped fine. If the potatoes have been boiled in their skin they are better. The dressing consists of one cupful of cream, one tablespoonful of corn starch, one egg, two tablespoonfuls of butter, three tablespoonfuls of vinegar, one-half teaspoonful of mustard, one of sugar, salt and pepper to taste.

**Lily Salad**

Place shelled, hard-boiled eggs in cold salt water for one hour. Wipe dry, cut a thin slice from large end of eggs, then with sharp knife, directing stroke from small end downward, cut whites into sections like petals of water lilies. Mash yolks of eggs, mix with equal quantity of grated cheese, moisten with French dressing, add salt and pepper, and arrange on lettuce leaves to stimulate center of lily, arranging whites for petals.

**Celery Salad**

Two bunches celery, one tablespoon salad oil, four tablespoons of vinegar, one teaspoonful of sugar, pepper and salt. Wash and scrape celery; lay in ice-cold water until dinner time. Then cut into inch lengths, add above seasoning. Stir well together with fork and serve in salad bowl.

**M. Q. S. B. Fruit Salad**

One-half cup chopped walnuts, two apples sliced thin, one-half cup chopped celery; mix with lettuce leaves and serve with following salad dressing: Two eggs (yolks), two tablespoons sugar, two tablespoons butter, four tablespoons vinegar, one tablespoon salt, one tablespoon mustard. Mix together. Put in bowl and place in kettle of boiling water and stir until thick. Add the beaten whites of eggs the last thing before boiling. Thin with milk when you wish to use it. This dressing will keep two or three days.

**Egg Salad**

Boil six eggs until the yolks are very mealy. Boil also one dozen medium-sized potatoes, with jackets on. Peel eggs and potatoes and cut in dice. Add two slices onions. Put first a layer of one, then of the other, until all is used. Pour over it some cream salad dressing.

**A Delicious Salad for Stuffed Peppers**

One can of sardines picked into fine pieces with a fork, two tablespoonsfuls of chopped pickles, two tablespoonsfuls of chopped olives, mayonnaise dressing and salt and pepper to taste. Remove the seeds, membrane and stem end from the peppers and soak in salt water. Mix the olives, pickles, etc., with the sardines and add enough mayonnaise dressing to hold it together. Then drain the peppers dry and fill with the salad. Garnish the plate with lettuce leaves and olives.

**Sardine Sandwich**

Take one can of sardines, remove the back-bone from the fish, add juice of one lemon, one tablespoonful of Worcestershire sauce. Mix the above thoroughly and spread on buttered bread. Before placing layers of bread together, add a few slices of pickled onions.

**Sardine Paste**

Work required amount of sardines into a paste with a broad knife or spatula. Add to this very tiny pickled onions, the quantity depending upon the taste, about one-quarter as much onion as paste, is good. Season with Worcestershire sauce, salt, pepper, paprika, celery salt and a liberal amount of lemon juice.

This is delicious for sandwiches, to serve on small pieces of toast with cocktails, or on crackers with salad.

**Sandwiches**

Take each fish, lightly scrape off skin and remove the tail, and pick the meat into convenient sized pieces with a fork. Put the pieces into a bowl of lemon juice and let stand a few minutes. Then drain and spread on thin slices of bread between fresh lettuce leaves. If the "Soused" Sardines are used, substitute mayonnaise dressing for the lemon juice.

**Sardine Sandwiches**

Very tasty sandwiches can be prepared by mincing fish with half the quantity of hard-boiled eggs and moistening with mayonnaise dressing. Place this mixture between thin slices of bread and cut into small squares with a sharp knife.

**Sardine Loaf**

Take one can of sardines, two eggs, two tablespoonfuls melted butter, two cupfuls bread crumbs, pinch of cayenne pepper, and salt to taste. Mix all together well, turn into a mold, cover and steam one hour. When cold, cut into thin slices. This is excellent for sandwiches, or served cold as a luncheon dish.

**Sardine Canapes**

(Mrs. Robert Yates, East Oakland)

Take one can of sardines and chop them fine, removing the back-bone and tail. Toast a piece of bread. First place a strip of tomato, half an inch wide, across the toast. Fill in a like space with chopped sardines, then a strip of green pepper, after removing the seeds, put on toast green side up. Repeat this order until the toast is covered. Serve with mayonnaise at the side of the dish so as not to interfere with the appearance, which is made to look like the stripes of a flag.

This is an excellent entree.



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# POULTRY & GAME

## HOW TO SELECT POULTRY

In selecting poultry full-grown fowls have the best flavor, provided they are young. The age may be determined by turning the wing backward—if it yields, it is tender. The same is true if the skin on the leg is readily broken. Older poultry makes the best soup. The intestines should be removed at once, but frequently in shipping they are left in and, hence, when removed, the fowl needs washing in several waters. The next to the last water should contain a half teaspoonful of baking soda, which sweetens and renders all more wholesome. The giblets are the gizzard, heart, liver and neck.

### Roast Turkey

Carefully pluck the bird and singe off the down with lighted paper; break the leg bone close to the foot, hang up the bird and draw out the strings of the thigh. Never cut the breast; make a small slit down the back of the neck and take out the crop that way, then cut the neck bone close, and after the bird is stuffed the skin can be turned over the back and the crop will look full and round. Cut around the vent, making the hole as small as possible, and draw carefully, taking care that the gall bag and the intestines joining the gizzard are not broken. Open the gizzard, take out the contents and detach the liver from the gall bladder. The liver, gizzard and heart, if used in the gravy, will need to be boiled an hour and a half and chopped as fine as possible. Wash the turkey and wipe thoroughly dry, inside and out; then fill the inside with stuffing, and sew the skin of the neck over the back. Sew up the opening at the vent, then run a long skewer into the pinion and thigh through the body, passing it through the opposite pinion and thigh. Put a skewer in the small part of the leg, close on the outside and push it through. Pass a string over the points of the skewers and tie it securely at the back.

Sprinkle well with **Albers** flour, cover the breast with nicely-buttered white paper, place on a grating in the dripping-pan and put in the oven to roast. Baste every fifteen minutes—a few times with butter and water, and then with the gravy in the dripping-pan. Do not have too hot an oven. A turkey weighing ten pounds will require three hours to bake.

### Roast Goose

Get a goose that is not more than eight months old, and the fatter it is the more juicy the meat. The dressing should be made of three pints of bread crumbs, six ounces of butter, a teaspoonful each of sage, black pepper and salt and chopped onions. Don't stuff very full, but sew very closely so that the fat will not get in. Place in a baking pan with a little water, and baste often with a little salt.

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## BRIDE'S COOK BOOK

water and vinegar. Turn the goose frequently so that it may be evenly browned. Bake about  $2\frac{1}{2}$  hours. When done, take it from the pan, drain off the fat and add the chopped giblets, which have previously been boiled tender, together with the water in which they were done. Thicken with **Albers** flour and butter rubbed together; let boil, and serve.

### Baked Chicken

Take a plump chicken, dress and lay in cold salt water for half hour, put in pan, stuff and sprinkle with salt and pepper; lay a few slices of fat pork. Cover and bake until tender, with a steady fire. Baste often. Turn so as to have uniform heat.

### Boiled Chicken

Clean, wash and stuff as for roasting. Baste a floured cloth around each, and put into a pot with enough boiling water to cover them well. The hot water cooks the skin at once, and prevents the escape of the juices. The broth will not be so rich as if the fowls are put on in cold water, but this is proof that the meat will be more nutritious and better flavored. Stew very slowly, for the first half hour especially. Boil an hour or more, guiding yourself by size and toughness. Serve with egg or bread sauce.

### Chicken Fricassee

Clean and disjoint chicken. Wipe each piece. Put in pot, cover with boiling water and simmer till tender. To the liquor add one cup or more hot milk, thicken with **Albers** flour dissolved in cold water. Season well, boil up for a few minutes. Serve with dumplings or biscuit.

### Fried Chicken

A chicken for frying should be very young, but if there are doubts as to its age, before cutting it up parboil it for ten minutes in water that has been slightly salted. Sprinkle with salt and pepper and roll them in **Albers** flour. Fry in plenty of butter till done. It takes twenty minutes to fry them. Put the chicken on a platter, make a gravy by turning off some of the fat and adding a cup of milk that has been thickened with a tablespoon of **Albers** flour. Pour this gravy over it. Or the gravy can be omitted and the platter can be garnished with crisp lettuce leaves.

### Chicken Croquettes

Cut up fine any kind of cold fowl, season with salt, pepper and butter, a little onion, stir in two fresh eggs. Make in cakes, dip in beaten egg, then in cracker crumbs and fry in boiling lard or lard and butter mixed.

### Fried Spring Chicken

Clean and disjoint, then soak in salt water for about two hours. Put in frying pan equal parts of lard and butter, enough to cover chicken. Roll each piece in **Albers** flour, dip in beaten egg, then roll in cracker crumbs, and drop into boiling fat. Fry until browned on both sides. Serve on flat platter garnished with sprigs of parsley. Pour most of the fat from frying pan, thicken remainder with browned flour, add to it cup of boiling water or milk. Serve in gravy bowl.

**Chicken Pie**

Disjoint fowl and simmer in boiling water until tender. Season to taste, and lay in deep baking dish. Mix two level tablespoonfuls corn starch with two level tablespoonfuls of **Albers** flour, add four tablespoonfuls cream and three cups hot chicken stock, stir till it thickens. Pour over chicken and cover with crust. Sift into mixing bowl one cup **Albers** flour, one-quarter cup corn starch, two and one-half teaspoonfuls Baking Powder, one-quarter teaspoonful salt; rub in finely 1 tablespoonful each of butter. Add milk to make dough enough as soft as may be handled. Roll out little larger than top of dish, so that crust may be placed on loosely. Pierce small openings in crust, and bake until crust is well done. Send to table in baking dish.

**Boiled Chicken—Royal Style**

Truss chicken and tie strips of bacon over the breast. Put into a kettle, cover with boiling water, season with salt and pepper, cover close and cook slowly until tender. Remove from water, drain, rub with mixture of creamed butter and **Albers** flour and brown in the oven. Cool the liquor quickly and remove the fat, then reheat. To each pint of liquor allow one rounding tablespoonful corn starch. Blend the corn starch in a little cold water, pour into the hot liquor and boil ten minutes. Then add one-half cup chopped mushrooms. When gravy is perfectly done, remove from fire, and to one pint of gravy add yolk of one egg, slightly beaten. Do not cook again after the yolk has been added, or it may curdle. Serve gravy in boat.

**Broiled Chicken**

Singe, split down backbone, and clean. Grease broiler, place chicken on it, crossing legs and turning wings. Rub inside and out with soft butter, and season. Have fire clear and hot. Cook flesh side first, holding up well that it may not brown too quickly. Should cook in about twenty or twenty-five minutes, then turn and brown skin side.

**Chicken a la Creole**

Cut a boiled chicken into cubes of an inch. Put a tablespoonful of butter and one of grated onion in a frying pan, add half a cupful of tomato and three sweet peppers cut into strips. Add the chicken, a teaspoonful of salt and a dash of red pepper. Cover, serve hot.

**Cream Chicken**

Boil a four pound chicken and four sweetbreads and set aside to cool. When cold cut in small pieces. In the meantime, or when ready to serve, put in double boiler five tablespoonfuls **Albers** flour, four of butter and stir together, slowly add, stirring all the time, quart of cream. Season with salt, black pepper and cayenne pepper, few drops of tabasco. Into this stir the chicken and sweetbreads and one can of mushrooms cut in half; heat thoroughly and serve in patty cases.

## BRIDE'S COOK BOOK

### Chicken—Southern Style

Wash your chicken thoroughly in soda and water. Dry and disjoint. Put one and one-half cups of cold water in a porcelain pot (Dutch oven preferred); pack chicken in closely. Mince two small onions, one kernel garlic, little parsley and sprinkle over chicken. Cover closely and let simmer for three hours. One-half hour before done season with salt and pepper. Don't lift cover during the cooking. When done remove chicken and thicken gravy with a little Albers flour.

### Wild Ducks

Nearly all wild ducks are liable to have a fishy flavor, and when handled by inexperienced cooks, are sometimes uneatable from this cause. Before roasting them guard against this by parboiling them with a small carrot, peeled, put within each. This will absorb the unpleasant taste. An onion will have the same effect; but unless you mean to use onion in the stuffing, the carrot is preferable.

### Roast Wild Duck

Parboil as above directed; throw away the carrot or onion, lay in fresh water one-half of an hour; stuff with bread crumbs, season with pepper, sage, salt and onion, roast until brown, basting for half the time with butter and water, then with drippings. Add to the gravy, when you have taken up the ducks, a teaspoonful of currant jelly and a pinch of cayenne pepper. Thicken with browned flour and serve in a tureen.

### Pigeon Pie

Clean and truss three or four pigeons, rub outside with a mixture of pepper and salt; rub inside with a bit of butter, fill with a bread-and-butter stuffing, or mashed potatoes; sew up the slit, butter the sides of a tin basin or pudding dish, and line (the sides only) with pie paste, rolled to quarter of an inch thickness; lay the birds in; for three large tame pigeons, cut quarter of a pound of sweet butter and put it over them, strew over a large teaspoonful of salt and a small teaspoonful of pepper, with finely cut parsley; dredge a large teaspoonful of Albers wheat flour over; put in water to nearly fill the pie; lay skewers across the top, cover with a puff paste crust; cut a slit in the middle, ornament the edge with leaves, braids, or shells of paste, and put in a moderately hot or quick oven for one hour; when nearly done brush the top over with the yolk of an egg beaten with a little milk, and finish. The pigeons for this pie may be cut in two or more pieces, if preferred. Any small birds may be done in this manner.

### Roast Pigeon

Clean and truss two young pigeons, mince the liver, and mix with them two ounces of finely grated bread crumbs, two ounces of fresh butter, finely chopped onion, a teaspoonful shredded parsley, a little salt, pepper, nutmeg. Fill birds with this forcemeat, fasten a slice of fat bacon over the breast of each, and roast. Make a sauce by mixing a little water with the gravy which drops from the birds, and boiling it with a little thickening; season it with pepper, salt and chopped parsley.

**Quail on Toast**

Take five quail, but don't remove the legs, for you would lose all the taste of the game. Wipe them well; string them tight, so as to raise the breasts. Put a little butter on each, a little lemon juice, and inside each the quarter of a lemon without the peel. Then put a very thin slice of pork, about two inches square, around each quail, with two or three cuts in each side, and string it tight. Let cook on a good fire, and when they are nearly well done, for white meat game must be well done, cut the strings; dress nicely on toast and serve hot. Pour the juice on the quail after having taken the fat off, and put some slices of lemon around the dish, one for each quail.

**Rabbit Pie**

Cut a rabbit into seven pieces, soak in salted water one-half hour and stew until half done in enough water to cover it. Lay slices of pork in the bottom of a pie dish and upon these a layer of rabbit. Then follow slices of hard-boiled egg, peppered and buttered. Continue until the dish is full, the top layer being bacon. Pour in the water in which the rabbit was stewed, and adding a little Albers flour, cover with puff paste, cut a slit in the middle and bake one hour, laying paper over the top should it brown too fast.

**Roast Tame Duck**

Take a young farmyard duck fattened at liberty, but cleansed by being shut up two or three days and fed on barley meal and water. Pluck, singe and empty; scald the feet, skin and twist round on the back of the bird; head, neck and pinions must be cut off, the latter at the first joint, and all skewered firmly to give the breast a nice plump appearance. For stuffing, one-half pound of onions, one teaspoonful of powdered sage, three tablespoonfuls of bread crumbs, the liver of a duck parboiled and minced with cayenne pepper and salt. Cut fine onions, throwing boiling water over them for ten minutes; drain through a gravy strainer, and add the bread crumbs, minced liver, sage, pepper and salt to taste; mix, and put inside the duck. This amount is for one duck; more onion and more sage may be added, but the above is a delicate compound not likely to disagree with the stomach. Let the duck be hung a day or two, according to the weather, to make the flesh tender. Roast before a brisk, clear fire, baste often, and dredge with flour to make the bird look frothy. Serve with a good brown gravy in the dish, and apple sauce in a tureen. It takes about an hour.

**Venison Steak Broiled**

Take the leg and cut slices from it, having a quick, clear fire. Turn them constantly. They should be served underdone. Butter both sides of the steak; sprinkle salt and pepper over the venison, garnish with parsley and accompanying it by a jelly sauce.

**Roast Venison**

Slit the venison and lard it with pieces of pork or bacon. Place pieces of pork or bacon on the bottom of the pan; slice very fine, vegetables on the bacon, then place your meat on this. Season, brown well on the top of the stove, then turn over and brown on the other side; then set in the oven and put soup stock or water in the bottom of the

## BRIDE'S COOK BOOK

pan and cover closely. Serve with gravy. The vegetables may be chopped fine and served with it, or not. Be careful not to let them burn. Baste with port wine.

### Braised Wild Duck

Chop fine one head of celery, a bunch of parsley, one small onion, a piece of garlic, one cup of sage, a pinch of mace and red pepper, salt to suit. Beat yolk of one egg and bind stuffing, adding also a heaping tablespoonful of soft butter. Fill ducks, sew up opening, put in braising pan with cover, adding a little onion, garlic, parsley and celery cut fine, a bay leaf, two tablespoonfuls of cider vinegar, a small glass of white wine, pinch of sage, red pepper and salt, five tablespoonfuls of butter and a pint of good stock. Cover tightly and put in medium oven, cooking one hour. Mix with cold water two tablespoonfuls of browned flour and stir in one-quarter cupful of capers. Cover and cook slowly for half an hour or more; beat to a paste with a teaspoonful of butter the yolks of three hard boiled eggs, a pinch of salt and red pepper. Form into small balls. Put the ducks on large squares of toast. Put egg balls around and pour sauce over all.

### Quail or Pigeon en Casserole

Take six birds or more, eight small onions, half a small cauliflower divided in pieces, one large turnip cut in pieces, six small French carrots, one beet cut up, six small round potatoes, one cupful green peas, one small bit of cabbage, salt and pepper to taste. Line a tight fitting kettle with thin slices of salt pork larding; tie birds so as to retain shape and put in the kettle; spread the vegetables over the birds and cover top with thin slices of the larding. No water will be required. Put on the tight fitting cover and set back on the range or bake in a slow oven for three or four hours. Use a French earthen kettle if possible, as it gives the best results, and serve from it at the table.



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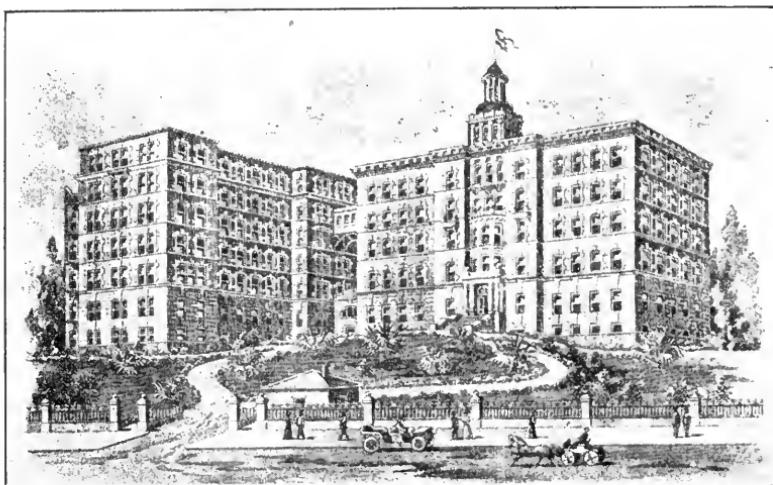
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## Consomme or Plain Meat Stock for Soup

Consomme or stock forms the basis of all meat soups, gravies and purées. The simpler it is made, the longer it keeps. It is best made of fresh uncooked beef and some broken bones, to which may be added the remnants of broken meats. In a home where meat forms part of the every-day diet, a good cook will seldom be without a stock-pot.

Four pounds of beef and broken bones, one gallon of cold water and two teaspoonfuls of salt. Put the meat and water on the back of the stove and let it slowly come to a boil, then simmer three or four hours, until the water is boiled away one-half; add the salt, strain and set to cool, in an earthenware dish well covered. When cold, take off the fat from the top and it is ready for use. To make soup for a family of six, take one-quarter of the stock, to which add one-quarter of boiling water, and any vegetables desired—boil three hours. Season with salt and pepper.

## Mixed Stock for Soups

To six pounds of lean beef, with the bones well cracked, add six quarts of water. Put the beef, bones and water in a covered kettle on the stove to heat slowly. Let it boil gently for six hours. After it has boiled for six hours, strain and set aside well covered until the next day. Before needed, remove the fat, set the soup over the fire and put in a little salt, two carrots, two onions, one turnip, one head of celery. Stew in sufficient water to cover them. When tender, add the vegetables and the water in which they were cooked, to the soup. Boil slowly for one-half hour. Strain when done. A bay leaf added to the stock before cooking the second day, adds greatly to the flavor.

## Egg Balls for Soup

Rub the yolks of four hard boiled eggs with a little melted butter, add a little pepper and salt. Beat two eggs, add to above, with enough **Albers** flour to make them hold together. Make into balls, put in the soup and let boil one minute.

## Noodles for Soup

Take two eggs, butter the size of a walnut, three tablespoonfuls sour cream, sufficient **Albers** flour to make a rather stiff dough; knead, roll out very thin and cut in narrow strips; cook half hour or less.

## Croutons

To make croutons to serve with soups, cut bread in slices one-quarter of an inch thick, remove crust and cut in squares. If to be browned in the oven, butter lightly before cutting in squares; put on baking sheet, dry thoroughly and brown delicately. Should be crisp cubes when done. May be fried in deep fat.

Why All This Bother? (See Pages 98-99.)

## BRIDE'S COOK BOOK

### Mutton Broth

Place in a kettle three pounds of a neck of mutton from which the fat has been cut, and chopped into small pieces, with six pints of water. Boil, skim, set the pan to the rear of the stove, where it can simmer for an hour. Add three ounces of washed rice, with a turnip and some celery. Simmer for two hours. Strain, free from fat and salt.

### Beef Tea

Take two pounds of lean rump beef, remove all fat, cut into small pieces and place in a tightly corked bottle. Place the bottle in a deep saucepan of cold water, reaching two-thirds of the way to the top of the bottle, place over a slow fire, and keep it boiling slowly for fifteen minutes, take out the bottle, pour out the liquor, and use as required.

### Bouillon

Four pounds of beef, one knuckle of veal, one carrot, two small turnips, a sprig of celery, one very small red pepper pod, two small onions, salt and six quarts of water; boil six hours, and strain through a sieve. Let stand over night. Serve hot.

### Barley Broth

Put two pounds of shin beef in one gallon of water. Add a teacup of pearl barley, 3 large onions and a small bunch of parsley minced, 3 potatoes sliced, a little thyme and pepper, salt to taste. Simmer steadily three hours, and stir often, so that the meat will not burn. Do not let it boil. Always stir soup or broth with a wooden spoon.

### Turkey Soup

Place the remains of a cold turkey and what is left of the dressing and gravy in a pot, and cover it with cold water. Simmer slowly four hours, and let stand until the next day. Take off what fat may have arisen, and take out with a skimmer all the bits of bones. Put the soup on to heat until at boiling point, then thicken slightly with flour stirred into a cup of cream, and season to taste. Pick off all the meat from bones, put it back in the soup, boil up and serve.

### Mock Turtle Soup

Take a calf's head, a knuckle of veal, a hock of ham, six potatoes sliced thin, three turnips, parsley and sweet marjoram chopped fine, and pepper. Forced meat balls of veal and beef, half a pint of wine one dozen egg balls, juice of a lemon. The calf's head must have had the brains removed, and must have been boiled previously till the meat slips off the bone. The broth must be saved, so as to use in the soup. Cut the head in small pieces after boiling. The veal and ham also must have been boiled and cut up, and all simmered for a couple of hours in the broth made by the calf's head. Now put all together. The forced meat balls and egg balls should be added, and all boiled about ten minutes.

Why All This bother? (See Pages 98-99.)

## BRIDE'S COOK BOOK

### Vegetable Soup With Stock

Cut three onions, three turnips, one carrot and four potatoes. Put them into a stew-pan with two tablespoonfuls of butter and a teaspoonful of powdered sugar. After it has cooked ten minutes, add two quarts of stock, and when it comes to a boil put aside to simmer until the vegetables are tender—about one-half hour.

### Macaroni Soup—Italian Style

Put four and one-half sticks of macaroni into a saucepan with one tablespoonfuls of butter and one onion. Boil until the macaroni is tender; when done drain and pour over it two quarts of good broth, beef, chicken or other kind. Place the pan on the fire to simmer for about ten minutes, watching lest it break or become pulpy. Add a little grated Parmesan cheese and serve.

### Chicken Soup

Time, four hours. Boil two chickens with great care, skimming constantly, and keeping them covered with water. When tender, take out the chickens and remove every bone from the meat; put a large piece of butter into a frying-pan and sprinkle the chicken meat well with flour, lay in the hot pan; fry a nice brown and keep it hot and dry. Take a pint of the chicken water and stir in two large spoonfuls of curry powder, two of butter and one of Albers flour, one teaspoonful of salt and a little cayenne; mix it with the broth in the pot; when well mixed, simmer five minutes, then add the browned chicken. Serve with rice.

### Chicken Broth

Cut up a chicken into small pieces and put it in a deep earthen dish, adding a quart of cold water, and setting it over a boiling kettle. Cover closely and let it steam several hours until the meat of the chicken has become tender, after which strain off the broth and let it stand over night. Skim off the fat in the morning and pour the broth into a bowl. Into the dish in which the broth was made put one-third of a teacupful rice in a teacupful of cold water, and steam as before until the rice is soft; then pour in the broth and steam an hour or two longer.

### Chicken Gumbo Soup

Fry one chicken; remove the bones; chop fine; place in kettle, with two quarts of boiling water, three ears of corn, six tomatoes, sliced fine, twenty-four pods of okra; corn, tomatoes and okra to be fried a light brown in the gravy left from frying the chicken; then add to the kettle with water and chicken two tablespoonfuls of rice, pepper and salt; boil slowly one hour.

### Mock Terrapin

One cold chicken, four hard-boiled eggs, one cup of milk, a little salt and pepper, and butter the size of a walnut. Boil the milk; thicken with Albers flour, then add the cold chicken and eggs, chopped fine. Let boil up and serve hot.

Why All This Bother? (See Pages 98-99.)



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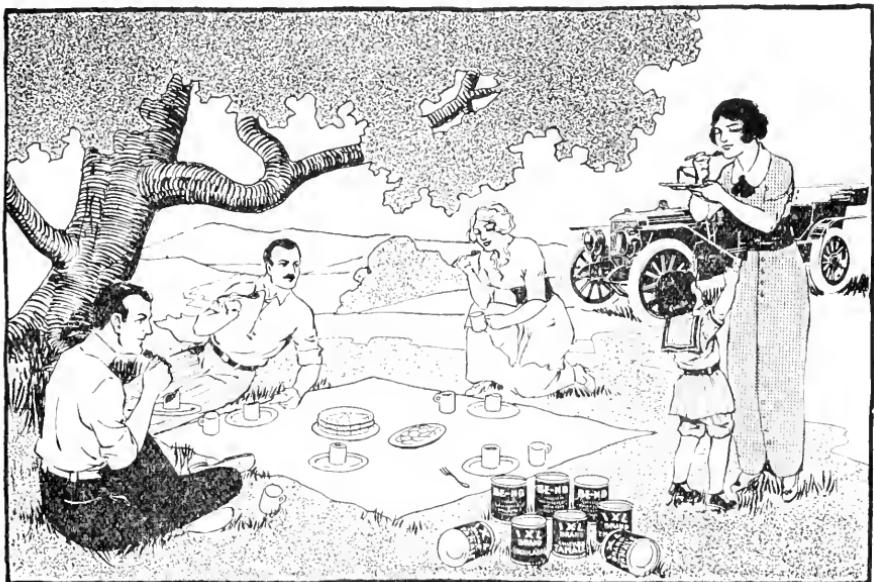


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## BRIDE'S COOK BOOK

### Ox-Tail Soup

One ox tail, two pounds lean beef, four carrots, three onions, parsley, thyme, pepper, and salt to taste, four quarts cold water. Cut tail into joints, fry brown in good drippings. Slice onions and 2 carrots and fry in the same, when you have taken out all of the pieces of tail. When done tie the thyme and parsley in lace bag, and drop into the soup-pot. Put in the tail, then the beef cut into strips. Grate over them two whole carrots, pour over all the water, and boil slowly four hours; strain and season; thicken with brown flour wet with cold water; boil fifteen minutes longer and serve.

### Split Pea Soup With Salt Pork

Wash a pint of split peas and cover with tepid water, adding a pinch of soda; let remain over night to swell. In the morning put them in a kettle with three quarts of cold water, adding half a pound of lean salt pork; a teaspoonful of salt, a little pepper. Cook gently for three hours, stirring occasionally till the peas are all dissolved, adding a little more boiling water to keep up the quantity as it boils away. Strain through a colander. Serve with small squares of toasted bread. If not rich enough, add a small piece of butter.

### Bean Soup

Soak quart of white beans over night; in morning pour off water; add fresh, and set over fire until skins will come off; throw them into cold water, rub well, and skin will rise to top, where they may be removed. Boil beans till perfectly soft, allowing two quarts of water to one quart of beans; mash beans, add flour and butter, which have been rubbed together, also salt and pepper. Cut bread into small pieces, toast and drop on soup when you serve.

### Oyster Soup

Two quarts of oysters, one quart of milk, two tablespoonfuls of butter, one teacupful hot water; pepper and salt. Strain all the liquor from the oysters; add the water and heat. When near the boil, add the seasoning, then the oysters. Cook about five minutes from the time they begin to simmer, until they "ruffle." Stir in the butter, cook one minute and pour into the tureen. Stir in the boiling milk, and send to table.

### Clam Soup

Boil juice of clams, make a little drawn butter and mix with the juice; stir until it boils, chop up clams and put them in; season to taste with pepper, salt and little lemon juice; cream or milk is to be added. Boil over slow fire about one hour.

## SOUPS WITHOUT MEAT

### Vegetable Soup

Slice three medium-sized onions and three potatoes into one and one-half pints of boiling water; add one-half can of tomatoes, one-half can of peas, a dessertspoonful of butter, one tablespoonful of sugar and a little pepper and salt. Let boil one hour, roll out six Standard Soda crackers and serve.

Why All This Bother? (See Pages 98-99.)

**Cream Tomato Soup**

One can of tomatoes, quart of fresh, ripe tomatoes, one-half cup rice, two tablespoonfuls of butter and one of **Albers** flour. Peel and slice the tomatoes and put over the fire in a granite kettle, with one quart of cold water. Let them heat gradually and then add an additional quart of cold water. When this boils, put in the rice pepper and salt to taste, and continue the boiling until the rice is tender; then stir in **Albers** flour and butter, half teaspoonful baking soda and one pint of milk. Boil for a few minutes and serve.

**Cream of Celery Soup**

In three pints of boiling water cook three cupfuls of celery, cut fine, until tender enough to be rubbed through a sieve. One pint of milk thickened with one tablespoonful of butter and one tablespoonful of **Albers** flour. Add celery salt, or extract, salt and pepper. Simmer ten minutes. A cupful of scalded cream added just before serving is an addition.

**Onion and Potato Soup**

Take six potatoes, one onion, three pints of water, one tablespoonful of chopped parsley, yolks of two eggs, pepper and salt. Fry the potatoes and onions in the butter. When slightly colored put them into the boiling water and the parsley. Let it boil till the potatoes are very soft, then press all through a colander. Return the puree to the fire and let it simmer for two or three minutes. When ready to serve have the beaten yolks ready and add a little of the soup to them, stirring all the time. When mixed add them slowly to the soup, with plenty of pepper and salt. Do not let the soup boil after adding the eggs.

**Mock Bisque Soup**

One quart of tomatoes, three pints of milk, one tablespoonful of **Albers** flour, one of butter, pepper and salt. Put the tomatoes on to stew, adding a teaspoonful of soda. Boil milk in a double boiler, keeping enough to mix with the flour. Add the cold thickened milk to boiling milk and cook ten minutes. Add butter, pepper and salt, and then the tomatoes (strained). Serve immediately.

**Potato Soup**

To one quart of water use one onion sliced fine and ten large potatoes sliced fine; boil until tender, about thirty minutes, then add one cupful of sweet milk, one tablespoonful of **Albers** flour stirred with a lump of butter the size of a walnut and salt and pepper to taste. Serve hot.

**Egg Broth**

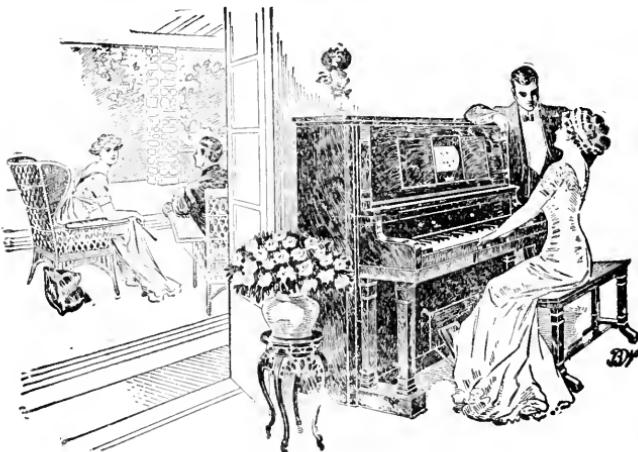
Beat an egg up high in a broth basin. When quite frothy stir into it one-half pint of good mutton or veal broth, quite hot, a little salt and serve with toast.

**Bread Soup**

Cut bread in half-inch cubes; melt one tablespoonful of butter in skillet. When hot put in cubes and stir constantly until they are brown. Remove cubes. Into the pan put rich milk, a pinch of salt, dash of pepper. When thoroughly heated pour over cubes and serve at once. Very appetizing.

**Why All This Bother? (See Pages 98-99.)**

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FRITTER  
away the  
DOUGH"**



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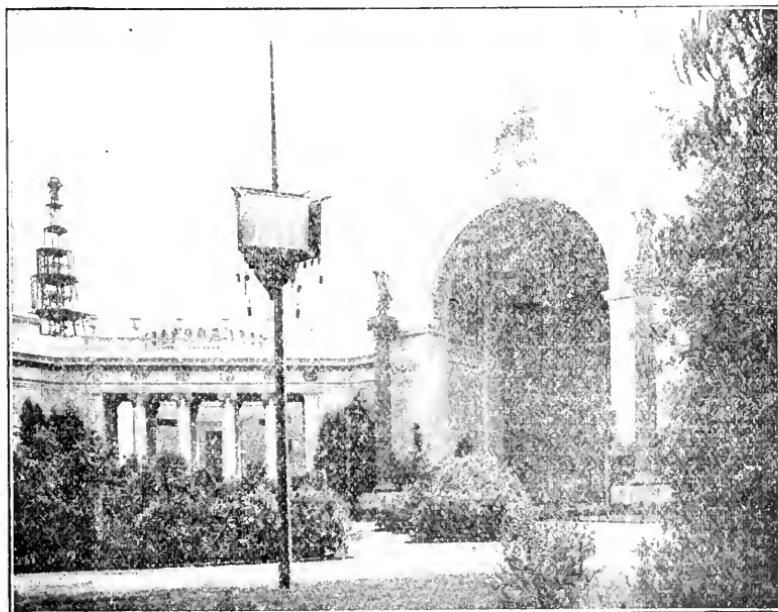
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## Broiling

The rules for roasting meat apply to broiling except that instead of cooking it in the oven it is to be quickly browned, first on one side and then on the other, over a hot fire, and removed a little from the fire to finish cooking. Meat an inch thick will broil in about four minutes. Season after it is cooked.

## Frying

There are two methods of frying: One with very little fat in the pan, to practice which successfully the pan and the fat must be hot before the article to be fried is put into it. For instance, in frying chops, if the pan is hot, and only fat enough is used to keep the chops from sticking to it, the heat being maintained so that the chops cook quickly, they will be nearly as nice as if they were broiled. Frying by the other method consists in entirely covering the article to be cooked in smoking-hot fat and keeping the fat at that degree of heat until the food is brown. It should then be taken up with a skimmer and laid upon brown paper for a moment to free it from grease.

## Boiling and Stewing

Fresh meat for boiling should be put into boiling water and boiled very gently about twenty minutes for each pound. A little salt, spice or vegetables may be boiled in the water with the meat for seasoning. A little vinegar put in the water with tough meat makes it tender. The broth of boiled meat should always be saved to use in soups, stews and gravies. Stewing and simmering meats means to place them near enough to the fire to keep the water on them bubbling moderately, constantly and slowly. Salt meats should be put over the fire in cold water, which, as soon as it boils, should be replaced by fresh cold water, the water to be changed until it remains fresh enough to give the meat a palatable flavor when done. Salted and smoked meats require about 30 minutes very slowly boiling, from the time the water boils, to each pound. Vegetables and herbs may be boiled with them to flavor them. When they are cooked the vessel containing them should be set where they will keep hot without boiling until wanted, if they are to be served hot; if they are to be served cold, they should be allowed to cool in the pot liquor in which they were boiled. Very salt meats, or those much dried in smoking, should be soaked over night in cold water before boiling.

## Roasting

Wipe the meat with damp cloth. Trim and tie into shape, if necessary. In the bottom of pan put some pieces of fat from meat. Arrange meat on rack in pan. Sprinkle with salt, pepper and flour. Have oven very hot at first; when meat is half done reduce heat. Baste every ten

## BRIDE'S COOK BOOK

or fifteen minutes. If there is danger of fat in pan being scorched, add a few spoons of boiling water. Allow from ten to twenty minutes per pound of meat, according as it is desired, rare or well done. When done remove to hot plate. Thicken gravy in pan with browned flour, adding more water as necessary and add seasoning. An onion may be laid on top of the roast to give it flavor, but should be removed before serving.

In purchasing meat one should know how to select the best quality, and the most useful pieces.

Beef, which stands at the head of the list, as being most generally used and liked, should be of a bright, clear red, and fat white. It should be well clothed in fat, to insure it being tender and juicy. The finest pieces are the sirloin and the ribs—the latter making the best roasting piece in the animal.

In cooking steaks remember it is far better to turn over three or four times on a platter containing a little olive oil than it is to hammer them, to make them tender. The object is not to force out the juice, but to soften the fibre.

In selecting pork, one cannot exercise too great care in examining it. Do not buy any that is clammy or has kernels in the fat. Remember, too, when the rind is hard it is old.

Veal should be fine in grain, of a delicate pink, with plenty of kidney fat. It should never be eaten under two months old.

Mutton should be firm and juicy, the flesh close-grained, the fat hard and white.

### To Clarify Drippings

Drippings accumulated from different cooked meats (except mutton, which has a strong flavor), can be clarified by putting all into a basin and slicing into it raw potato, allowing it to boil long enough for the potato to brown, which causes all impurities to disappear. Remove from the fire, and when cool drain into basin and set in a cool place.

## BEEF

### Hint on Cooking Roast Beef

For roast beef to be juicy and tender when done, it should be basted every few minutes so in order to save yourself this trouble, place a large piece of beef suet on top of the roast; have baking pan perfectly dry and oven very hot; place in the oven and let cook the allotted time—say half an hour, according to the size. You can be about your inside work and in the allotted time your roast is done to a beautiful brown and is very juicy, as it has been constantly basting itself all the while with the suet. Take roast out of pan, pour off drippings in a bowl and make a gravy on top of stove. A nice addition to this is to put half dozen or so peeled potatoes in the pan with roast when placing it in to cook, and they will be done to a nicety when the roast is. On taking up roast lay baked potatoes around same. This was an experiment and proved very successful, and saves a great deal of work and worry.

**Ox-Tail Sauté**

About 20 cents worth of ox-tail for three people. Have them disjointed in pieces about an inch long. Take one large onion and brown in butter, one carrot, one turnip, one small piece of garlic, enough water to cover and cook slowly for four hours.

**Boiled Beef With Cabbage—German Style**

Take one head of cabbage, and after removing all soiled and bruised leaves, cut in sections lengthwise making about eight or nine pieces, leaving the piece of heart attached to each piece to hold it together. Place in the kettle on top of beef, which has been boiling some time; boil together for one hour. Salt to taste and pepper. Lift out the meat, let the cabbage boil a few moments longer in the beef broth and send it to the table.

**Hot Beef Loaf**

Take three pounds of steak from the round and grind it through a chopper. Beat two eggs, pepper and salt, one and one-half of fresh, soft bread crumbs. Press this into a shallow, oblong, tin loaf-shaped pan and cover with about eight slices of salt pork, cut thin. Add one-half cupful of water to the pan, bake an hour, basting often, then put in on a warm platter, removing pieces of pork. Thicken the gravy in the pan with a little Albers flour, and one-half canful of stewed mushrooms; pour over and around the meat and serve hot. It is good when cold if cut in slices and served with lettuce salad.

**Creamed Dried Beef**

Pick in small pieces one-fourth of a pound of thinly-cut rather moist dried beef and brown in a little butter. When brown pour in it a coffee-cup of milk and cream. Let it come to a boil and slightly thicken with a little butter and Albers flour creamed together. When it boils, pour it over a platter of brown toast and serve it at once.

**Beef Pie With Potato Crust**

When you have used the best of a cold roast of beef take the small pieces, or as much as will half fill a granite baking pan; also any gravy, a lump of butter, a bit of sliced onion, pepper and salt, and enough water to make plenty of gravy; put over a fire, thicken by dredging in a tablespoonful of Albers flour; cover it up where it may stew gently. Now boil a sufficient quantity of potatoes to fill up your baking dish, mash smooth and beat light with milk and butter and place in a thick layer on top of meat. Brush it over with egg, place the dish in an oven and let remain long enough to become brown. There should be a goodly quantity of gravy left with the beef, that the dish be not dry and tasteless.

**Rolled Steak**

Take a good rump steak, flatten and lay upon it a seasoning made of bread crumbs, parsley, pepper and salt, mixed with butter beaten to a cream. Roll up the steak, bind it evenly, and lay it in a dish with a cup of boiling water. Cover with another dish and bake forty minutes, bast-

## BRIDE'S COOK BOOK

ing frequently. Remove the cover and let it brown before sending to table. Thicken the gravy with browned flour, and serve very hot. The twine should be cut off before sending to table.

### Pot Roast

Put a very little drippings in an iron kettle. When hot, lay the beef in. Add an onion chopped and fried till brown in butter; pour in water to half height of meat; add salt and pepper, and cover as close as possible. Thicken the gravy. Simmer from two to three hours, according to weight. When done, take up, and pour the gravy over it and serve.

### Hamburg Steak

The round of beef is usually taken for this purpose. Grind or chop a pound very fine, removing all the fiber or fat. Add one-half a teaspoon of onion juice, of salt, one-fourth of a teaspoon pepper, a little nutmeg and one egg. Make into small balls, and press them flat. Fry them in butter. Make a brown gravy of the butter used in frying. Let it brown, then add a little soup stock. Pour a little on each cake.

### Kidney Stew

Take three kidneys, which must be cut lengthwise into three pieces. Wash these well and dry, wiping them very carefully. Warm three tablespoons of butter, put in kidneys before really hot, with very little mace and pepper, and salt to taste, one teaspoonful of chopped onion and a cupful of good brown gravy. Simmer all together, closely covered, about ten minutes. Add the juice of one-half a lemon and a pinch of grated lemon peel; take up the kidneys and lay upon a hot dish, with fried or toasted bread underneath. Thicken the gravy with browned flour, boil up once, pour over all and serve.

### Fried Brains

One nice calf's brain, beaten egg, sifted cracker crumbs, butter, parsley. Soak the brain in cold water, then scald for just one second, dip it in egg and crumbs, and fry a light brown on both sides in butter. Garnish with parsley and serve hot.

### Irish Stew—Beef or Mutton

Take two pounds round steak or mutton chops, six potatoes, two turnips, four small onions, nearly a quart of water. Place meat in stewpan, add vegetables, pour in one and one-half pints of cold water; cover closely, let stew gently till vegetables are ready to mash and the greater part of the gravy is absorbed. Serve hot.

### Boiled Beef Tongue

Clean three fresh tongues and place in a kettle with just enough water to cover and one cup of salt; add more water as it evaporates, so as to keep the tongues covered until done—when they can be easily pieced with a fork; take out and if to be served at once remove the skin. If wanted for future use, do not peel until needed. If salt tongues are used, soak over night and omit the salt when boiling.

**Beef's Heart Stuffed**

After washing the heart thoroughly cut it into dice one-half inch long; put into a saucepan with water enough to cover. Remove scum. When nearly done add a sliced onion, a stalk of celery chopped fine, pepper and salt and a piece of butter. Stew until the meat is very tender. Stir up a tablespoonful of Albers flour with a small quantity of water and thicken the whole. Boil up and serve.

**Beef Stewed With Onions**

Cut two pounds of tender beef into small pieces, season with pepper and salt; slice one or two onions and add to it, with water enough to make a gravy. Let it stew slowly, till the beef is thoroughly cooked, then add some pieces of butter rolled in Albers flour, enough to make a rich gravy. Cold beef may be cooked in the same way, but the onions must then be cooked before adding them to the meat. Add more boiling water if it dries too fast.

**Beef Timbales**

Free left-over meat from fat and gristle, put through meat chopper, cutting finely. To one pint of meat add one teaspoon of salt, one-eighth teaspoon of pepper, put one-half cup of stock or water, two tablespoons of bread crumbs and one tablespoon of butter together in a saucepan over the simmering burner; when hot, add to it the meat; take from the fire and stir in carefully two whole eggs, well beaten. Put mixture in buttered custard or timbale cups, stand in baking pan half filled with hot water. Bake in moderate oven fifteen to twenty minutes. Serve with tomato sauce.

**Fried Tripe**

Should be washed in warm water and cut into squares of three inches; take one egg, three tablespoonfuls of Albers flour, a little salt and make a thick batter by adding milk; fry out some slices of pork, dip the tripe into the batter and fry a light brown.

**Tripe Stew**

Melt in stew kettle two tablespoonfuls lard, one of butter; add three medium-sized onions, three cloves and garlic, all chopped very fine; one cup chopped greens, a little parsley; one-quart can strained tomatoes, a pinch of dried mushrooms, if handy; pepper and salt to suit taste; six large potatoes cut in quarters, lastly, three pounds plain boiled tripe cut in thin strips. Add boiling water if too dry. Serve hot.

**Hash**

Take cold pieces of beef that have been left over and chop them fine; then add cold boiled potatoes chopped fine; add pepper and salt and a little warm water; put all in a frying-pan and cook slowly for about twenty minutes.

**Beef a la Mode**

Take a piece of meat, cross-rib is best, put a slice of bacon or some lard in the bottom of pot, then the meat, and fill up with water till the meat is covered; then take two onions, some pepper-corns, cloves, bay leaves, one carrot and a crust of brown bread, salt and some vinegar;

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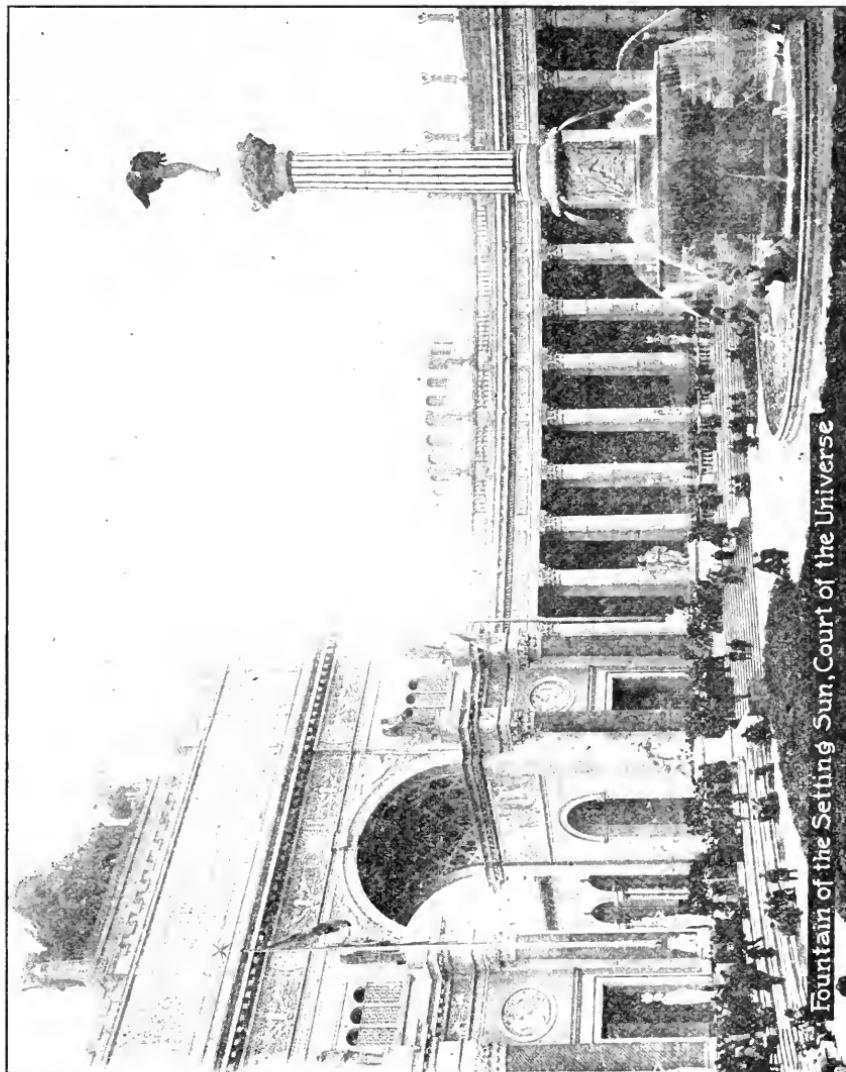
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put all this in over the beef, keep the pot well covered; fill up with more hot water if it boils down, and let it boil three hours; then burn a tablespoonful of **Albers** flour, with some butter, a nice brown, thin with the gravy and let it boil up once more with the meat; then put the beef in a deep dish and strain the gravy over it; add more vinegar to taste; serve with fried potatoes and red cabbage.

### Braised Beef

Wipe and trim six pounds round or rump of beef without bone. Sear brown on all sides in very hot frying-pan over hot fire. In braising pan or iron kettle put layers of sliced onions, turnips and carrots, sweet herbs, one teaspoonful of salt, one-half teaspoonful of pepper; on this lay meat, add pint boiling water (or water and stewed tomatoes). Cover closely and cook four hours in moderate oven. If water evaporates rapidly, add more. Put meat on hot platter. Strain, thicken and season gravy. The vegetables may be served separately if desired.

### Corned Beef

Should be cooked in plenty of cold water brought slowly to a boil; if very salt, the meat should be soaked over night; but if young and not too strongly brined this will not be necessary. It should be cooked long enough to make tender, so that in a brisket or plate piece the bones may be readily removed. Preserve the liquor in the pot, and if any of the meat remains after the first meal, return it and let it stand over night in the liquor, so that it may absorb it. If no meat remains to be returned to the liquor, the latter will make a good soup for next day's dinner, if the beef was not too salt.

### Beef Steak Pie—French Style

Take a nice piece of beef, rump or sirloin, cut in small slices; slice also a little raw ham; put both in a frying-pan, with some butter and small quantity chopped onions; let them simmer together a short time on the fire or in the oven; add a little **Albers** flour and enough stock to make sauce; salt, pepper, chopped parsley and Worcestershire sauce; add some sliced potatoes, and cook together twenty minutes; put this into a pie-dish, with a few slices of hard-boiled eggs on top, and cover with a layer of common paste. Bake from fifteen to twenty minutes in a well-heated oven. All dark-meat pie can be treated precisely in the same way.

### Spiced Beef

Four pounds of round of beef chopped fine; take from it all fat; add to it 3 dozen small crackers rolled fine, 4 eggs, cup of milk, tablespoon mace, 2 black pepper, 1 melted butter; mix well, put in pan that it will just fill, packing it well; baste with butter and water, and bake two hours in a slow oven.

### Roast Beef With Yorkshire Pudding

Have your meat ready for roasting on Saturday, always. Roast upon a grating of several clean sticks (not pine) laid over the dripping pan. Dash a cup of boiling water over the beef when it goes into the oven; baste often, and see that the fat does not scorch. About three-quarters of an hour before it is done, mix the pudding.

**Yorkshire Pudding**

One pint of milk, four eggs, whites and yolks beaten separately, two cups of Albers flour (prepared flour is best), one teaspoonful of salt. Use less Albers flour if the batter grows too stiff. Mix quickly; pour off the fat from the top of the gravy in the dripping pan, leaving just enough to prevent pudding from sticking to the bottom. Pour in the batter and continue to roast the beef, letting the drippings fall upon the pudding below. The oven should be brisk by this time. Baste the meat with the gravy you have taken out to make room for the batter. In serving, cut the pudding into squares and lay about the meat in the dish.

**MUTTON AND LAMB****Roast Mutton**

Get a leg of eight pounds, which has hung about a week, weather allowing. During hot weather this joint get quickly tainted. Rub it lightly with salt and put it at once before a brisk, sharp fire. Place it close to the fire for five minutes, then place it in the oven and let it roast slowly until done. Baste continually with good dripping until that from the joint begins to flow. When within twenty minutes of being done, sprinkle it with Albers flour, and baste with butter or dripping; and when the froth rises, serve on a hot dish. Make a gravy, throw off the fat, when any gravy, if the dripping pan has been floured, will adhere to it. Add a little stock and a little boiling water, pepper and salt. Pour the gravy around the meat, not over it.

**Boiled Mutton or Lamb**

Trim and wipe the meat. Have ready kettle of rapidly boiling salted water. Immerse meat, boil hard five minutes, then reduce to gentle simmer. Allow fifteen minutes per pound. Lamb should always be well done; mutton may be rare. A little rice may be added to water to keep meat white.

**Mutton Pie**

A very good family pie is made with the remains of a cold leg, loin or any other joint of mutton from which neat slices of rather lean meat can be cut. These should be put with a good seasoning, in alternate layers with thin-sliced potatoes, into a pie-dish, commencing at the bottom with some of the meat, and finishing at the top with potatoes. Parsley, herbs or onion, a little mace and white pepper and salt at discretion. A cupful of good gravy from the meat be poured into the pie before the crust is put on. Suet is generally used for the crust.

**Mutton Patties**

Mutton patties are made with cooked meat, which is minced, then hashed in gravy, season with pepper and salt, and catsup. The mince should not boil, hot and thickened. Patty pans, lined with half paste and filled with meat, will require a very short time to bake. Cover with the paste, and put them into a quick oven for fifteen minutes.

**Breaded Mutton**

Sew the mutton up in a thin cloth, lay it in a sauce-pan, nearly cover it with cold water and stew gently, allowing ten minutes to each pound. Take it out, unwrap and lay it in a baking dish, brush over with warm drippings, dredge with flour and set in the oven for one-half of an hour, basting freely with its own broth. A few minutes before taking it up strew thickly with crumbs, fine and dry, bits of butter over it, and brown.

**Mutton Haricot**

Cut two pounds breast mutton in pieces, roll in **Albers** flour, brown in drippings. Transfer to stewpan, add two sliced onions, cover with boiling water and simmer until very tender. Add one pint parboiled potatoes or one pint boiled macaroni and one pint shelled peas; season, simmer till vegetables are done.

**Lamb Sweetbreads**

Two or three sweetbreads, one-half pint of veal stock, white pepper and salt to taste, small bunch of green onions, mace, thickening of butter and flour, two eggs, nearly one pint of cream, one teaspoonful of minced parsley, a very little grated nutmeg.

**Mode**—Soak the sweetbreads in luke-warm water, and put them into a saucepan with sufficient boiling water to cover them, and let them simmer for ten minutes; then take them out and put them into cold water. Now lard them, lay them in a stewpan, add the stock, seasoning, onions, mace and a thickening of butter and **Albers** flour, stew gently for one-quarter of an hour or twenty minutes. Beat up the eggs with the cream, to which add the minced parsley and very little grated nutmeg. Put this to the other ingredients; stir it well till quite hot, but do not let it boil after the cream is added or it will curdle. Have ready some asparagus tops, boiled; add these to the sweetbreads and serve.

**Lamb or Mutton Stew**

Part of a breast of mutton or lamb; cut in bits as many potatoes, pepper and salt to taste, two onions, a bunch of parsley, a bunch of sweet herbs. Stew together in water to cover two hours, gently. Put in a teacupful of tomato catsup and boil up again. Serve hot.

**Broiled Mutton Chops**

Select one dozen chops cut from the loin; trim, season with salt and pepper; dip in melted butter and broil over a clear fire, nearly ten minutes, turning frequently. Lay on warm platter and garnish with parsley.

**Irish Stew**

Cut two pounds of chops from the best end of a neck of mutton, and pare away all the fat. A portion of the breast may be cut into squares and used, but a neck, of mutton is the best joint for the purpose. Take as many potatoes as will amount, after paring, to twice the weight of the meat. Slice with 8 large onions. Put layer of potatoes and onions at the bottom of stewpan. Place the meat on this and season it plentifully with pepper, and lightly with salt. Pack closely and cover the meat with another layer of potato and onion. Pour in as much water or stock as will moisten the topmost layer, cover the stewpan tightly, and let its contents simmer gently for three hours. Don't remove lid, as this will let out the flavor.

**Sweetbread Croquettes**

Wash and parboil one pair of sweetbreads, then put into cold water; remove outside skin and all membrane; then with silver knife chop in small pieces and measure. There should be one-half of a pint of chopped meat. Put one-quarter pint of cream into a sauce-pan; rub together one level teaspoonful of butter, a heaping teaspoonful of **Albers** flour; stir into the hot cream until you have a smooth paste; add the yolk of one egg and the sweetbread; mix and cook one minute, take from the fire and if desired, add one dozen mushrooms chopped fine; if fresh they must be cooked before chopping; add one tablespoonful of salt, one salt-spoonful of pepper, one teaspoonful of finely-chopped parsley, 10 drops of onion juice; mix well. When cool form into croquettes; roll into beaten eggs and bread crumbs, fry in hot lard.

**Knuckle of Veal**

Cut in small thick slices, season with salt and pepper, flour lightly and fry it brown, lay in saucepan and cover with water. Skim well and season with thyme and parsley and a little mace. Simmer for two hours and a half, then thicken the gravy with a little **Albers** flour and add a piece of butter, and salt to taste.

**Veal Pie**

Use the neck or any part of the veal which you prefer. Cook it by boiling an hour, then place the meat in a very deep dish, and when you lay on the upper crust wet the edge of the under crust all around and flour it; then lay on the upper crust and press your hand upon the edge, so that the **Albers** flour and water will make the crusts adhere and prevent the gravy from escaping. Stick the top several times with a large fork. If you have pieces of crust left, cut them into leaves and ornament the pie. Bake for about one-half hour.

**Veal Cutlets With Vermicelli—German Style**

Remove all the fat, but not the small rib of the cutlet, season and turn in egg and crumbs, or dip in melted butter, then in cheese mixed with an equal quantity of crumbs; let this absorb, then dip in the egg and again in the cheese mixture. Stand aside for two hours, then fry in plenty of butter the same as doughnuts. Meanwhile boil some vermicelli in salt water until well done, then drain and mix with tomato sauce, arrange the vermicelli in the center of a chop platter and place the cutlets around them. Serve hot.

**Veal Croquettes**

One pint minced cooked veal, half a pint of milk, two tablespoonfuls of **Albers** flour, three tablespoonfuls of butter, one level tablespoonful of salt, one-third teaspoonful of pepper, one-half teaspoonful onion juice, one teaspoonful of lemon juice. Put the milk in a saucepan. Beat the butter and **Albers** flour together and stir in the milk as soon as it boils. When the sauce is smooth and thick add the seasoned meat and cook for three minutes. Beat three eggs together and pour half of them over the cooking meat. Take from the fire at once and stir well. Pour into a platter and set away to chill. When chilled make into cylindrical shapes and roll gently on board sprinkled with dried bread crumbs. Drop the croquettes in the beaten eggs and then in bread crumbs and fry.

**Roast Loin of Veal**

Leave in the kidney, around which put considerable salt. Make a dressing the same as for fowls; unroll the loin, put the stuffing well around the kidney, fold and secure with several coils of white cotton twine wound around in all directions; place in a dripping pan, with the thick side down, and put in a rather hot oven, letting it cool down to moderate; in one-half hour add a little hot water to the pan, and baste often; after half an hour turn over the roast and when done sprinkle lightly with **Albers** flour and baste with melted butter. Before serving carefully remove the twine. A roast of four or five pounds will bake in about two hours. For a gravy, skim off some of the fat if there is too much in the drippings; dredge in **Albers** flour; stir until brown, add hot water if necessary; boil a few minutes, stir in sweet herbs as fancied and put in a gravy boat. Serve with green peas and lemon jelly.

**Entree of Veal**

Take a piece of butter the size of an egg, three pounds of raw veal, one teaspoonful salt, one of pepper and two eggs. Chop fine and mix together, adding two tablespoonfuls of water. Mold this into a loaf, then roll into two tablespoonfuls of pounded crackers and bake two hours. When cold, slice.

**Fried Sweetbreads**

For every mode of dressing they should be prepared by half boiling, and then putting them in cold water; this makes them whiter and firmer. Dip in beaten egg and then in bread crumbs, pepper and salt and fry in lard. Serve with peas or tomatoes.

**Veal Cutlets, Breaded**

Trim and flatten the cutlets, add pepper and salt, and roll in beaten egg, then in cracker crumbs. Fry in good dripping, turn when the lower side is brown. Drain off the fat, squeeze a little lemon juice upon each, and serve in a hot flat dish.

**Calves Liver and Bacon**

Cut liver in one-half inch slices, soak in cold water twenty minutes, drain, dry and roll in **Albers** flour. Have pan very hot. Put in bacon thinly sliced, turn until brown; put on hot platter. Fry liver quickly in the hot fat, turning very often. When done, pour off all but one or two tablespoons fat, dredge in **Albers** flour until it is absorbed, and stir till brown. Add hot water gradually to make smooth gravy, season and boil one minute. Serve separately.

**Veal Loaf**

Three pounds chopped veal, one pound fresh pork chopped fine, three well beaten eggs, butter size of an egg, one pint of bread crumbs, 1 tablespoon of salt, 1 teaspoon black pepper, one-half teaspoon each of thyme and sage. Make into loaf, take piece of white muslin and wrap securely, also the ends. Place in a baking pan with very little water. Baste often. Turn so as to brown both sides. Leave in cloth until cold.

**PORK****To Roast a Leg of Pork**

Choose a small leg of fine young pork; cut a slit in the knuckle with a sharp knife, and fill the space with sage and onions, chopped, and a little pepper and salt. When one-half done, score the skin in slices, but do not cut deeper than the outer rind. Apple sauce should be served with it.

**Salt Pork, Cream Gravy, Southern Style**

Cut sweet cured salt pork into half-inch slices, put into saucepan, cover with cold water and bring to boiling point. Drain off water, add cold water, stand a few minutes, roll in Albers flour, two parts, corn starch, one part, mixed and seasoned with white pepper. Have one tablespoonful of hot bacon fat in the frying pan to prevent pork from sticking. Pour off fat as it melts while frying, brown and fry until reduced one-half. For one and one-half cups cream gravy allow three spoonfuls melted fat, add two level tablespoons corn starch. Cook three minutes in the hot fat without browning, then add one and one-half cups milk, one-quarter teaspoonful salt, and cook until smoothly thickened. Serve for breakfast with baked potatoes and hot biscuit.

**Roast Spare-Rib**

Trim the ragged ends of a spare-rib neatly, crack the ribs across the middle, rub with salt and sprinkle with pepper. Fold over, stuff with a turkey dressing, sew up tightly, place in dripping pan with a pint of water, baste often, turning it once or twice so as to bake both sides a rich brown.

**Saddle of Pork, Roasted**

Have your butcher cut a saddle of pork as he would a saddle of mutton. Strip off the skin, trim the joint neatly and cover the fat with buttered paper. Have a clear fire and baste often. One-half of an hour before it is taken up remove the paper, dredge the meat lightly with Albers flour, and baste until it is brightly browned. Serve brown gravy and apple sauce or tomato sauce with it. If liked, the skin can be left on and it will then require to be scored lengthwise, the same way in which the saddle is carved.

**Fried Pork Chops**

Cut the chops about half an inch thick and trim them neatly; put a frying-pan on the fire, with a bit of butter; as soon as it is hot, put in your chops, turning them often till brown all over; a few minutes before they are done season with powdered sage, pepper and salt.

**Pork Tenderloin**

Tenderloins should be sliced crosswise and flattened, then fried or broiled, season with salt and pepper. When done, move to platter and make gravy by sprinkling a little Albers flour into the hot fat; if not enough add a little butter, stir until browned and add a little milk or cream, stir until it boils and pour over the dish.

## BRIDE'S COOK BOOK

### Fried Salt Pork

Take thin slices of pickled pork; fry lightly. Then mix a batter of egg and Albers flour and milk and place the pork in this till it has become completely covered and fry to a light brown.

### Salt Pork

Cut as many slices as needed; if for breakfast, the night previously, and soak over night in a pint of milk and water, about one-half milk, either skimmed milk, sour milk or buttermilk; rinse till the water is clear, and roll in corn meal and fry. It is as nice as fresh pork.

### Fried Ham and Eggs

Cut slices of ham very thin, trim off the rind, put into a frying-pan, cooking until crisp. Place on a hot platter; pour off some of the grease, then carefully break the eggs separately in a small plate so that no bad be cooked, and slip each egg gently into a frying-pan. Do not turn them while frying, but gently tip the pan so that the hot lard will be over them all. Cook about three minutes; the white must retain its transparency so that the yolk can be seen through it. Lay a fried egg upon each side of ham and serve hot.

### To Boil a Ham

Well soak the ham in a large quantity of water for twenty-four hours, then trim and scrape it very clean, put it into a large pot with more than sufficient water to cover it; put in a blade of mace, a few cloves, a sprig of thyme and two bay leaves. Boil it for four or five hours, according to its weight; and when done, let it become cold in the liquor in which it was boiled. Then remove the rind carefully, without injuring the fat, press a cloth over it to absorb as much of the grease as possible, and shake some bread raspings over the fat. Serve cold, garnished with parsley.

### Roast Pig

Select a pig about six weeks old, wash it thoroughly inside and outside; wipe dry with a towel, salt inside and stuff it with a rich fowl dressing, making it plump. Sew it up, place it in the dripping pan, salt and pepper the outside. Pour a little water into the dripping pan, baste with butter and water a few times as the pig warms, afterward with gravy from the dripping pan. Roast from two to three hours. Make the gravy by skimming off most of the grease; stir in the pan a good tablespoonful of Albers flour, turn in the water to make it the right thickness, season and let all boil up once. Strain and turn into the gravy dish. Place the pig upon a large platter surrounded with parsley. Send to the table hot. In carving, cut off the head first; split the back, take off the hams and shoulders and separate the ribs.

### Baked Ham

Put a medium-sized ham in a pot and cover with sweet cider. Let it simmer gently for three and one-half hours. Skim frequently to remove the grease as it rises. When tender take out and remove the rind; cut the fat on top into diamonds and in each diamond stick a clove; then rub over the top of the ham one-half of a cupful of maple syrup, place in the oven and bake slowly for forty-five minutes.

**Tortilla of Ham**

One-half of a pound of ham is to be cooked, then chopped and put with one tablespoonful of butter into a pan. Beat three eggs well and season. Pour them into the ham and stir for a minute, then let set, being careful that it does not adhere to the pan. When it is a little brown, turn and brown the other side.

**Pork Chops With Tomato Gravy**

Trim off skin and fat; rub the chops over with a mixture of powdered sage and onion; put small pieces butter into frying-pan; put in the chops and cook slowly, as they should be well done. Place chops on hot dish; add a little hot water to gravy in pan, one large spoon butter rolled in Albers flour, pepper, salt and sugar, and one-half cup juice drained from can tomatoes. Stew five minutes and pour over the chops and serve.

**Pork and Beans**

Soak one quart white beans over night in cold water. Drain, add fresh water and simmer till tender. Put in baking pan and place in center one-half pound fat salt pork, parboiled. Mix one teaspoon salt, one-half teaspoon mustard and one tablespoon molasses; add this to the beans, with enough boiling water to cover. Bake eight hours in a moderate oven, adding more water as necessary.

**SAUCES FOR MEATS, FISH, POULTRY OR VEGETABLES****To Make Drawn Butter**

Put half a pint of milk in a perfectly clean stewpan, and set it over a moderate fire: put into a pint bowl a heaping tablespoonful of Albers wheat flour, quarter of a pound of sweet butter, and a teaspoonful of salt; work these well together with the back of a spoon, then pour into it, stirring it all the time, half a pint of boiling water; when it is smooth, stir it into the boiling milk, let it simmer for five minutes or more and it is done.

Drawn butter made after this recipe will be found to be most excellent; it may be made less rich by using less butter.

**Parsley Sauce**

Make a drawn butter as directed, dip a bunch of parsley into boiling water, then cut it fine and stir it into the drawn butter a few minutes before taking it up.

**Egg Sauce**

Make a drawn butter; chop two hard boiled eggs quite fine, the white and yolk separately, and stir it into the sauce before serving. This is used for boiled fish or vegetables.

**Onion Sauce**

Peel some nice white onions, and boil them tender; press the water from them; chop them fine and put them to a half pint of hot milk; add a bit of butter and a teaspoonful of salt and pepper to taste. Serve with boiled veal or poultry or mutton.

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**Anchovy Sauce**

Make the butter sauce and stir into it four tablespoonfuls of essence of anchovy and one of lemon juice.

**Bread Sauce**

One pint of milk, one cup of bread crumbs, onion, sliced, pinch of mace and pepper and salt to taste; three tablespoonfuls butter. Simmer the sliced onion in the milk until tender; strain the milk and pour over the bread crumbs, which should be put into a saucepan. Cover and soak half an hour; beat smooth with an egg-whip, add the seasoning and butter; stir in well, boil up once and serve in a tureen. If it is too thick, add boiling water and more butter.

This sauce is for roast poultry. Some people add some of the gravy from the dripping pan, first straining it and beating it well in with the sauce.

**Cucumber Sauce**

This is a good dressing for fish cutlets and fish fried in deep fat. Melt one tablespoonful butter in a saucepan, add one tablespoonful corn starch and one tablespoonful Albers flour; mix, add three-quarters cup vinegar and quarter cup water. Cook till smooth, then add one teaspoonful salt, one teaspoonful sugar and one-quarter teaspoonful celery salt. Pour by tablespoonfuls the cooked mixture into four beaten yolks of eggs, return to boiler and stand over hot water. Do not cook, but beat till eggs are thickened, remove from water, add four tablespoonfuls olive oil, mix well and set to cool. Have ready one cup chopped fresh cucumbers that have been soaked in ice cold unsalted water till crisp, drained dry as possible, and two small sweet midget pickles chopped finely. When ready to serve add little salt and paprika to drained cucumber and drain again. When dry, add cucumbers, fresh and pickled, to dressing. Beat well into dressing and serve cold with fish croquettes or similarly cooked fish dishes. May be served with fried oysters, if finely-cut crisp cabbage is substituted for the cucumbers.

**Brown Sauce**

In a saucepan, brown one tablespoon butter until dark, but not burned. Add one tablespoonful Albers flour, stir until smooth and gradually one cup good stock or hot water and stir until smooth and thick. Season with salt and pepper. Simmer five minutes.

**Tomato Sauce**

Simmer together for twenty minutes one pint tomatoes, with one bay leaf and slice of onion, strain pulp and add few grains soda. Melt two tablespoonfuls butter, add one and one-half tablespoonfuls corn starch, mix and gradually add one and one-half cups tomato pulp, salt and pepper to taste, cook well, stirring constantly.

**Tartar Sauce**

Make one cup mayonnaise. Chop very fine one tablespoonful each of capers, olives, cucumber pickle and parsley. Press in a cloth till quite dry. Blend gradually with the mayonnaise. For fried or boiled fish.

## BRIDE'S COOK BOOK

### Caper Sauce

Two tablespoons butter, one tablespoon Albers flour; mix well; pour on boiling water till it thickens; and one hard-boiled egg, chopped fine, and two tablespoons of capers.

### Giblet Sauce

Take the liver, heart, gizzard and neck of a chicken, wash and boil in salted water. Let boil till tender. Take them out with a skimmer and chop into coarse pieces. Put them back, add a little butter and thicken to a cream. Pepper and salt, boil a few minutes and serve.

### Sauce Robert

One cup brown sauce made with stock, one teaspoon sugar, one teaspoon mustard, one tablespoon vinegar. Simmer five minutes.

### Tomato Mustard

One peck of ripe tomatoes, boiled with two onions, six red peppers, four cloves of garlic, for one hour; then add a half pint or half pound salt, three tablespoons black pepper, half ounce each ginger, allspice, mace, cloves; boil again for one hour longer, and when cold add one pint of vinegar and a quarter pound of mustard; and if you like it very hot, a tablespoonful of cayenne.

### Mint Sauce

Mix one tablespoon of white sugar to a half teacup of good vinegar; add the mint and let it infuse for half an hour in a cool place before sending to the table. Serve with roast lamb or mutton.

### Celery Sauce

Mix two tablespoons Albers flour with half teacup butter, have ready a pint of boiling milk; stir the flour and butter into the milk; take three heads of celery, cut into small bits and boil for a few minutes in water, which strain off; put the celery into the melted butter and keep stirred over the fire for five or ten minutes. This is very nice with boiled fowl or turkey.

### Currant Jelly Sauce

Melt one-half glass currant jelly over slow fire. Add one cup hot brown sauce; stir well and simmer one minute.

### Cream or White Sauce

One cupful milk, a teaspoonful Albers flour and a tablespoonful of butter, salt and pepper. Heat butter in pan when hot, but not brown, add the flour. Stir until smooth; gradually add the milk. Let it boil up once. Season with salt and pepper and serve. This is nice to cut cold potatoes into and let them heat through. They are then creamed potatoes. It also answers as a sauce for other vegetables, omelets, fish and sweetbreads, or, indeed, for anything that requires a white sauce. If you have plenty of cream, use it, and omit the butter.

**Mayonnaise Sauce**

Mix in a bowl one even teaspoon mustard, one of salt and one and a half of vinegar; beat in the yolk of a raw egg, then add very gradually half a pint of pure olive oil (or melted butter), beating briskly all the time. The mixture will become a very thick batter. Flavor with vinegar or fresh lemon juice. Closely covered, it will keep for weeks in a cool place, and is delicious.

**Oyster Sauce**

Take a pint of oysters, save a little of the liquor; put with remaining liquor and some mace and nutmeg, into a covered saucepan and simmer them on hot coals for about ten minutes; then drain them. Oysters for sauce should be large. Having prepared in a saucepan some drawn or melted butter (mixed with oyster liquid instead of water), pour it into a sauceboat, add the oysters to it and serve it up with boiled poultry or with boiled fresh fish. Celery first boiled and then chopped, is an improvement to oyster sauce.

**Lobster Sauce**

Put the coral and spawn of a boiled lobster into a mortar with a tablespoonful of butter, pound it to a smooth mass, then rub it through a sieve; melt nearly a quarter of a pound of sweet butter, with a wine-glass of water or vinegar, add a teaspoonful of mustard, stir in the coral and spawn and a little salt and pepper, stir it until it is smooth and serve. Some of the meat of the lobster may be chopped fine and stirred into it.

**Olive Sauce**

One cup brown sauce, twenty-four stoned olives, one tablespoon sherry. Simmer olives in hot water ten minutes. Drain, add sauce, simmer five minutes; take from fire and add sherry.

**Spanish Sauce**

Boil one quart strong stock down one-half. Make as directed for brown sauce, and add two tablespoons sherry.

**Mustard Sauce**

Stir three tablespoonfuls of mixed mustard and a speck of cayenne into a butter sauce.

**Curry Sauce**

One tablespoonful of butter, one of Albers flour, one tablespoonful of curry powder, one large slice of lemon, one large cupful of stock, salt and pepper to taste. Cut and fry onion brown in butter; add Albers flour, and curry powder; stir one minute, add stock and season with salt and pepper; simmer five minutes, then strain and serve.

**Cranberry Sauce**

Wash and pick one quart of cranberries and put them in a saucepan with water to cover, let them stew slowly, stirring often till they are reduced to a pulp; then sweeten to taste and turn in a deep dish or mould. They may be strained and cleared as jelly is prepared.

## BRIDE'S COOK BOOK

### Hollandaise Sauce

Cream one-half cup butter. Add four well-beaten egg yolks, then the juice of one-half of a lemon, one-half teaspoonful of salt and a dash of cayenne. Pour a cupful of hot water in slowly. Mix and set in a saucepan of hot water. Stir until the sauce becomes a thick cream. Do not allow it to boil. Stir a few minutes after removing from the fire. It is a fine sauce for fish, asparagus or cauliflower.

### Governor's Sauce

Slice one peck of green tomatoes, sprinkle heavily with salt and let them stand over night. Drain well in the morning; cover them with vinegar; simmer them with six large onions, three red peppers, one teaspoonful each of mustard, ginger, pepper, a pinch of red pepper, a cupful of brown sugar, and a cupful of grated horseradish. Let them all simmer a trifle over two hours.

### Sauce Piquante

To one cup brown sugar add one tablespoon each of chopped capers and pickles and simmer five minutes.

### Salmon Sauce

Yolk of one egg, well beaten, one-half cupful of vinegar. Stir in rapidly one-half tablespoon of sugar, salt and pepper, two tablespoonsfuls of milk, two tablespoonsfuls of cream. Let come to a boil, then cool and put over salmon.

### Apple Sauce

Peel, quarter, and core, rich, tart apples; put to them a very little water, cover them, and set them over the fire; when tender, mash them smooth, and serve with roasted pork, goose or duck.

### Horseradish Sauce

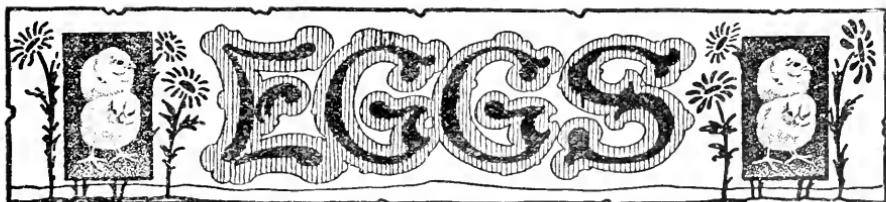
A good-sized stick of horseradish is required, which should be grated into a bowl and a teaspoonful of mustard, a little salt, one-quarter of a pint of cream and vinegar to taste added. Stir all well together.

### Chili Sauce

Two quarts of ripe tomatoes, four large onions, four chili peppers; chop fine, then add four cups vinegar, three tablespoonfuls brown sugar, two of salt, two teaspoonfuls each of cloves, cinnamon, ginger, allspice and nutmeg; boil all thoroughly together and bottle after straining through a colander.

### Mushroom Sauce

Dissolve one-half teaspoonful of extract of beef in one-half pint of boiling water. Fry one minced onion and one chopped carrot in a little butter or dripping until lightly browned; pour the liquid over them, let all boil together for ten minutes and add a dessert-spoonful of mushroom catsup, skim, strain, and it is ready for the table.



### Escaloped Eggs

Boil six eggs twenty minutes, make one pint of white sauce by melting two tablespoons of butter and adding two tablespoons of Albers flour to the melted butter and slowly add one pint of milk. Add teaspoonful of salt, one saltspoonful of pepper. Cook until quite thick. Moisten one cup of cracker crumbs with one-quarter cup melted butter. Chop fine one cup of cold boiled ham, separate the cooked yolks and whites of eggs, chop the whites fine. Put a layer of buttered crumbs in a buttered baking dish, add a layer of whites, next a layer of white sauce, then some of the chopped meat, then yolks rubbed through a fine sieve. Repeat until all the ingredients have been used, having a layer of butter crumbs on top. Brown in a hot oven. Very good without chopped ham.

### Rum Omelet

First make a very soft sweet omelet: when on the dish pour over some rum and sugar, send it to the table and then set it on fire, basting frequently to keep it alight.

### Baked Eggs

Place a very little beef drippings in the pan, get it quite hot; break in the egg as if for frying. Salt them and set in hot oven a few minutes, when they are done. Eat with buttered toast.

### Poached Eggs

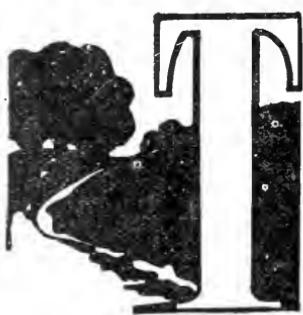
Break the eggs into a warm, buttered pan, being careful to avoid breaking the yolks; add a little salt and butter or cream; as soon as they begin to whiten stir carefully until they are cooked as desired.

### Scrambled Eggs

Two eggs, two tablespoonfuls of milk, half a teaspoonful of salt, half a teaspoonful of butter; beat the eggs and add the salt and milk; put the butter in a small saucepan, and when it melts add the eggs; stir over the fire until the mixture thickens, being careful not to let it cook hard; about two minutes will cook it. The eggs, when done, should be soft and creamy. Serve immediately.

### Dropped Eggs

Have a quart of boiling water and one tablespoonful of salt in a frying-pan. Break the eggs one by one into a saucer and slide carefully into the salted water; cook until the white is firm, and lift out with a griddle cake turner and place on toasted bread. Serve immediately.



HERE are still a large number in San Francisco who associate living on the peninsula with big incomes and poor train service. The fact is that 90% of the homes down the peninsula belong to people with

moderate incomes. The service on the other-hand is just twice as fast as it is to towns across the bay. For example:

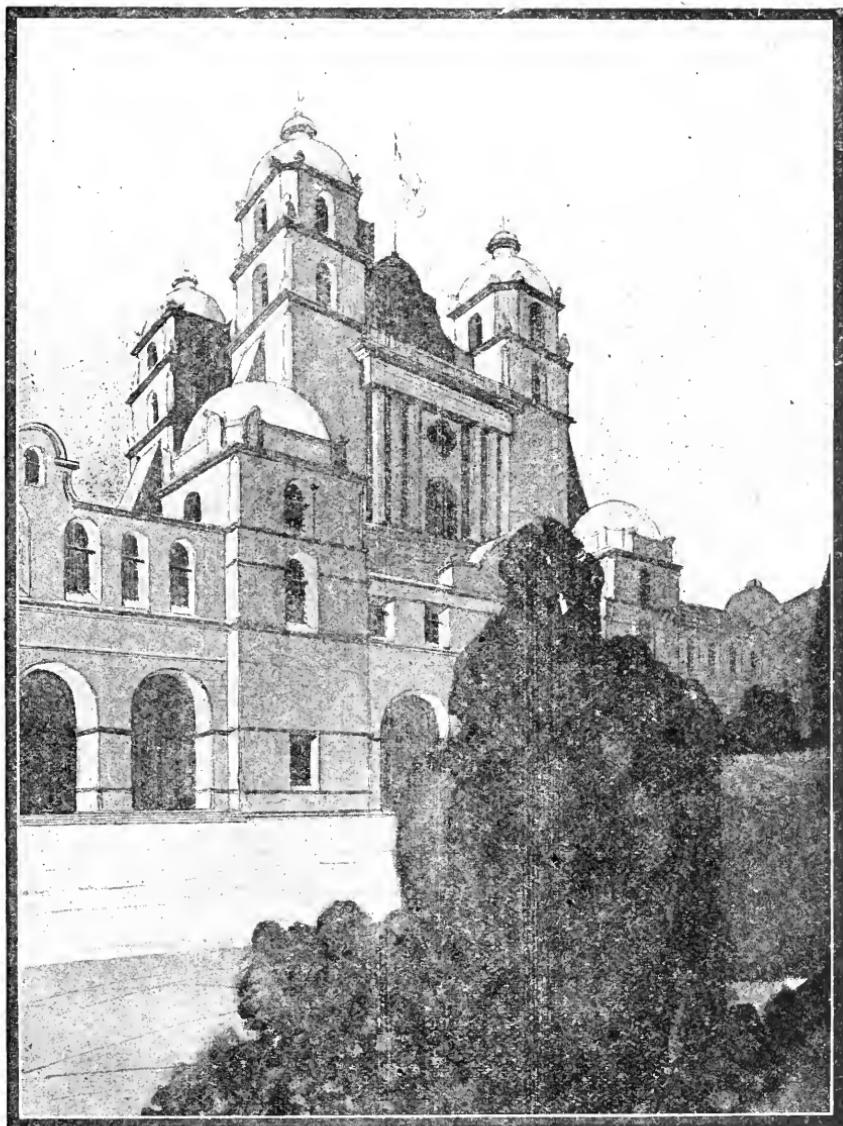
The distance to San Leandro is 15 2-3 miles; time 57 minutes  
The distance to Easton is the same, but the time 27 minutes

And you get to the city and to your business in 27 minutes. How long does it take you to cross the bay on foggy mornings?

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1915

**Omelet Souffle**

Take three eggs, two ounces of butter, one dessert spoonful of chopped parsley, one salt spoonful of chopped onions, one pinch of dried herbs. Beat the whites of the eggs to a very stiff froth; mix the yolks with the parsley and a little salt and pepper. Stir the herbs gently into them and continue as in a plain omelet. Fold the omelet and serve immediately.

**Curried Eggs**

Slice two onions and fry in butter, add a tablespoon curry powder and one pint good broth or stock, stew till onions are quite tender, add a cup of cream thickened with arrowroot or rice flour, simmer a few moments, then add eight or ten hard-boiled eggs, cut in slices and beat them well, but do not boil.

**Eggs a-la-mode**

Remove skin from ten tomatoes, medium size, cut in a saucepan, add butter, pepper and salt; when sufficiently boiled, beat up five or six eggs, and just before you serve turn them into the saucepan with the tomatoes, and stir them one way for two minutes, allowing them time to be well cooked.

**Omelet**

Six eggs, whites and yolks, beaten separately; half pint of milk, six teaspoons corn starch, one teaspoon baking powder, and a little salt; add the whites, beaten to a stiff froth, last; cook in a little butter.

**Spanish Omelet**

Mince very fine enough ham, fat as well as lean, as will fill a small teacup and add two finely-chopped small onions, such as are used for pickling. Beat six eggs, stir the ham into them and fry the omelet the usual way, folding it over when done.

**Omelet au Natural**

Break eight or ten eggs into a basin; add a little salt and pepper, with a tablespoonful of water; beat the whole well with a spoon or whisk. In the meantime put some fresh butter into an omelet pan, and when it is nearly hot, put in an omelet; while it is frying, with a skimmer spoon raise the edge from the pan that it may be properly done. When the eggs are set and one side is a fine brown, double it half over and serve hot. These omelets should be put quite thin in the pan; the butter required for each will be about the size of a small egg.

**Eggs and Bacon**

Cut eight slices of bacon very thin, and fry until crisp; take them out and keep hot in the oven. Break four eggs separately into the boiling fat and fry until brown. Serve with the eggs laid over the bacon, and small fried pieces of bread placed round. Hash may be used instead of bacon.

**Egg Timbales**

Beat six eggs; add to them one and one-half cups of warm milk, one-half tablespoonful of salt, dash of pepper, one scant teaspoon of onion juice and one tablespoonful of finely chopped parsley. Thickly butter the sides and bottoms of a number of timbale molds and fill them with the mixture. Stand in a pan partly filled with hot water, cover with buttered paper, and place in a moderate oven until they are firmly set in the center. Turn out carefully, pour around them a plain white sauce and sprinkle with a little chopped parsley.

**Sunflower Eggs**

One egg, one tablespoonful butter, one tablespoonful Albers flour, half a cup of milk. Boil egg hard; mash white of egg with fork. Cream butter and flour; stir until it foams; add milk and cook. Mix with white of egg; turn on a small plate; put yolk through a sieve and cover mixture. Place pointed bits of toast around plate, representing sunflower.

**Egg Cutlets**

Prepare a thick cream, using one and one-half tablespoonfuls each of butter and Albers flour, half of salt, a dash of cayenne, one and one-half cups of milk. Stir into this four eggs, which have been boiled and coarsely chopped, one tablespoonful of chopped parsley, one small tablespoonful of lemon juice, ten drops of onion juice and the yolks of two beaten eggs. Stir and cook for a minute. Set aside until chilled. Form into small cutlets, dip in beaten eggs and fine bread crumbs and fry a golden brown in fat.

**Eggs in Tomato Cups**

Cut a piece from the stem of a tomato, and with a spoon scoop out the center. Sprinkle the cavity with a few drops of vinegar. Break and carefully drop a raw egg in each. Place apart on a buttered pan and bake in a moderate oven until the eggs are set. Serve with or without a cream sauce.

**Steamed Eggs**

Beat six eggs into separate cups, and have ready a well-buttered dish, into which each egg should be placed carefully. Cover the dish to prevent the heat from escaping, and place it over a pan of boiling water, first putting small bits of butter lightly over the top of the eggs. When they are set sufficiently, sprinkle them with a little salt and serve with fried ham or sausages. It takes four minutes to set.

**Egg Nogg**

One egg, one tablespoonful of brandy, one tablespoonful of sugar, scant half glass of milk. Beat the white and yolk of egg separately; put brandy, sugar and milk in glass and stir thoroughly, then add the beaten eggs and serve.

**Iced Egg**

Beat very light the yolk of one egg with a tablespoonful of sugar; stir in tumblerful of very finely crushed ice; add a tablespoon of brandy and a little grated nutmeg. Beat together and drink immediately.

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SAN FRANCISCO, CAL.

# **Blanc-mange, Souffles, Meringues Custards, Creams, Etc.**

## **Blancmange**

Time, fifteen minutes—Put into a delicately clean stewpan one ounce isinglass or gelatine, two ounces of sweet and bitter almonds, blanched and pounded, one pint and a half of new milk, and one pint of cream, the lemon juice and the peel grated, with loaf sugar to taste. Set the stewpan over a clear fire, and stir it till the gelatine is dissolved, then take it off and continue stirring it till nearly cold before putting it into the mold. This quantity will fill a quart mold, but if you wish to make it in a smaller shape, you must not pour more than a pint of milk and a half a pint of cream. Color the top ornament with cochineal, and allow it to cool.

## **Strawberry Souffle**

Beat the yolks of two eggs in one-half cupful of ripe crushed strawberries, juice of two oranges and one-half cupful of sugar together, then cook for two minutes add one-quarter of a package of gelatine soaked till soft, the whipped whites of two eggs, and when cold one cupful of whipped cream; turn into a souffle dish surrounded with a paper band; cover with strawberry jelly and place on ice until needed.

## **Omelet Souffle**

Separate the whites from the yolks of twelve eggs. Put the whites into a basin and beat them extremely fast till they form a thick snow. Then beat six yolks separately, with two ounces of sugar, and a dessert spoonful of orange-flower water, or just enough to flavor it to your taste.

Before beating the eggs have ready a round tin, well greased all over the inside with fresh butter. When you have finished beating the six yolks, mix them very quickly with the whites, lest the snow should turn—that is, melt into water. Put it then into the buttered tin, and place it in the oven. It will be so thick, if it is well and skillfully mixed, that there will be no fear of its running over. Watch it well, glancing at it from time to time through a little opening in the oven door, to see how it is going on. As soon as it has risen very high, and if of a golden color, take it out of the oven.

Do not suffer the omelet souffle to remain too long in the oven. If it is not watched it will fall in and become a mere gelette. Let the oven be of a very gentle heat, or the bottom of the omelet will be burnt before the top is done. Before putting the tin in the oven, you may powder the snow with fine sugar; it crystallizes and has a pretty effect. As soon as the omelet is done it must be sent to table. If it waits for longer than ten minutes, it falls in. The eggs should be beaten with a fork or a little whisk.

If this souffle is liked more solid, add to the yolks of the eggs when beaten two dessert spoonfuls of rice boiled in milk and flavored with vanilla. In this case do not put in the orange-flower flavoring. The rice must be very well cooked, and well sweetened before it is added to the eggs.

## **Chocolate Souffle—Mexican Style**

Scald one cup of clear, black coffee; stir into it three level tablespoonfuls butter; creamed and mixed with three level tablespoonfuls corn starch, and a few grains salt; add one and one-half ounces chocolate

beating it through the mixture as it melts. Mix the yolks of three eggs with one-third cup of sugar, beat and stir into the hot mixture; remove from fire and fold in the stiffly beaten whites of three eggs. Turn the mixture into a buttered pudding dish, dredge with sugar, and bake in a pan of hot water about twenty-five minutes. Serve with vanilla sauce.

#### Lemon Souffle

Melt two rounding tablespoonfuls butter in a saucepan, add three tablespoonfuls corn starch, and one tablespoonful **Albers** flour, mix, gradually add one-half cup hot water, stirring until smooth and well cooked. Beat the yolks of three eggs till light, add one cup sugar, grated rind and juice one lemon, add hot mixture, beating in smoothly. Then fold in carefully the stiffly beaten whites of three eggs, to which has been added while beating one-half teaspoonful lemon extract. Turn into a buttered baking dish, stand in a pan of hot water and bake thirty-five to forty minutes.

#### Orange Souffle

Slice five oranges, and pour over them a cold custard made of one pint of milk, the yolks of five eggs, sweetened to taste; beat the whites of eggs to a froth, and brown carefully.

#### Celery Souffle, Cheese Sauce

Cut into very thin slices, white inside stalks celery, and one thin slice onion, cook in boiling water to cover until tender, then drain, reserving liquid. In three level tablespoonfuls melted butter cook three level tablespoonfuls of corn starch, two level tablespoonfuls of **Albers** flour, one-half teaspoonful of salt and pepper to taste. Add one-half cup of celery liquid, and one-half cup of cream and cook thoroughly. Remove from fire, add cooked celery, the well-beaten yolks of three eggs and lastly fold in the stiffly beaten whites of three eggs. Bake in a buttered shallow dish for about twenty-five minutes. Serve with cheese sauce. To one cup cream sauce add one-third cup grated cheese for sauce. Season with paprika and celery salt.

#### Apple Souffle

Pare, core and stew four tart apples in just enough water to prevent burning. Pass through a sieve when soft. Baked apples can be used as well. Put one tablespoonful of butter into a saucepan, add one cup boiling water and one-quarter teaspoonful salt, stir in four level tablespoonfuls corn starch and one level tablespoonful **Albers** flour dissolved in four tablespoonfuls cold water, stir and cook until smooth and clear. Add one cup hot apple pulp sweetened to taste, and one teaspoonful lemon juice. Remove from fire, mix well and add three beaten yolks of eggs, then fold in stiffly beaten whites of three eggs. Pour into buttered baking dish, shallow rather than deep, then bake in moderately hot oven till puffed and browned. Serve at once when ready.

#### Meringues

Whisk the whites of four small eggs to a froth, then stir into it one-half pound of powdered sugar; flavor with vanilla or lemon essence, and repeat the whisking until it will lie in a heap; then lay the mixture in lumps on letter paper, in the shape of half an egg, molding it with a spoon, laying each about half an inch apart. Then place the paper containing the meringues on a piece of hard wood and put them into a quick oven; do not close it. Watch them, and when they begin to have a yellow appearance, take them out, remove the paper carefully

from the wood, and let them cool for two or three minutes; then slip a thin-bladed knife very carefully under one, turn it into your left hand, take another from the paper in the same way, and join the two sides which were next the paper together. The soft inside may be taken out with the handle of a small spoon, the shells filled with jam, jelly or cream and then joined together as above, cementing them together with some of the mixture.

### Cream Puffs

One cupful of hot water and one-half cupful of butter. Boil the water and butter together and stir in a cupful of dry flour while boiling. When cool, add three eggs not beaten. Mix well and drop by spoonfuls on buttered tins. Bake about twenty minutes.

**Cream.**—One cupful of milk, one-half cupful of sugar, one egg and three level tablespoonfuls of Albers flour. Beat the eggs, sugar and flour together and stir in the milk when boiling. With a knife lift off the top of the puffs and fill.

### Boiled Custard

One quart milk, eight eggs, one-half pound sugar; beat to a good froth the eggs and sugar. Put the milk in a tin pan and set it in boiling water; pour in the eggs and sugar and stir it until it thickens.

### Baked Custards

For each quart of milk allow four large or five small eggs and three tablespoons sugar. Warm milk; pour over eggs and sugar beaten together. Fill small earthen cups or pudding dish. Stand in pan of warm water; add flavoring to suit, and bake in moderate oven till firm in the center. For chocolate custards melt chocolate with sugar.

### Tapioca Custard

Put two tablespoonfuls fine tapioca in double boiler with one pint milk, cook and stir till tapioca is transparent. Add yolks of two eggs beaten with three tablespoons sugar, and pinch salt; stir till thickened. Add whites whipped to a stiff froth, then stir lightly three minutes; take from fire, add flavoring when cooled. If pearl or lump tapioca is used, it must be soaked in cold water several hours before cooking.

### Lemon Custard

Take half pound of loaf sugar, the juice of two lemons, the peel of one pared very thin, boiled tender and rubbed through a sieve, and a pint of white wine. Let all boil for a quarter of an hour, then take out the peel and a little of the liquor and set them to cool. Pour the rest into the dish you intend for it. Beat the yolks of the eggs and the whites and mix them with the cool liquor. Strain them into your dish, stir them well up together, and set them on a slow fire in boiling water. When done, grate the peel of a lemon on the top, brown it over with a salamander. This custard may be eaten either hot or cold.

### Apple Snow

Core, quarter and steam three large sour apples. Rub through sieve, cool, whip whites three eggs to very stiff froth with one-half cup powdered sugar, gradually add apple and whip long time till white and stiff. Put in dish and garnish with dots of currant jelly.

### Floating Island

One quart milk, four eggs, yolks and whites beaten separately, four tablespoonfuls of sugar, two teaspoonfuls of extract vanilla, one-half



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# BRIDE'S COOK BOOK

## Tapioca Fruit Pudding

Soak 1 cup tapioca in 1 quart of water over night; add 1 cup sugar, 1 cup Not-A-Seed Raisins, 1 pineapple sliced very thin, or 5 apples pared and sliced thin. If needed, add a little warm water. Bake 1½ hours. Beat whites of 2 eggs to a stiff froth, and 2 tablespoons pulverized sugar, spread over pudding and brown. Serve with cream.

## Raisin and Apple Tapioca

Boil ¾ cup tapioca in 1 quart boiling water with ½ teaspoon salt in double boiler until transparent. Core and pare 7 or 8 tart apples, put them in a deep round dish, fill apples with Not-A-Seed Raisins, sprinkle ½ cup sugar over the apples, then pour on the boiled tapioca. Bake until the apples are soft; serve hot or cold with cream.

## Steamed Indian Pudding With Raisins

Scald 2 cups Indian Meal with boiling water, add 1 teaspoonful salt, ¼ cup molasses, 1 cup Not-A-Seed Raisins. Dissolve ½ teaspoon soda in warm water and add to the meal, adding warm water enough to make a batter that will pour. Turn into a well-greased pail, cover tightly and boil steadily three hours.

## Raisin Rice Pudding

Boil rice until tender. One quart milk, 3 eggs beaten light, 4 tablespoons sugar, 1 teaspoon vanilla, 1½ cups cooked rice, 1 cup raisins. Put in dish, grate nutmeg over top; bake until brown.

## Raisin Pudding

Put 4 level teaspoons well-washed rice, 1 teaspoon salt, 4 teaspoons sugar and ½ cup raisins, with one quart milk, into a pudding pan and let it stand on back of stove until rice is swollen; bake in a moderate oven until soft and creamy; serve with cream.

## Sweet Plum Pudding

(Not too rich.) One cup suet chopped fine, 1 cup molasses, 1 cup milk (sour preferred), 1 cup raisins and 1 lb. figs, chopped fine, 3½ cups flour, 2 eggs, 1 teaspoon cloves, 2 teaspoons cinnamon, 1 grated nutmeg, a little salt, 1 teaspoon soda dissolved in a little warm water. Fill mould two-thirds full, and steam 3 hours.

## English Plum Pudding

Take 1 pound Not-A-Seed Raisins, mix with them a pound of currants and ½ pound minced orange peel, dust over ¼ pound flour. Chop fine 1 pound suet, add to it ¼ pound of brown sugar, ½ nutmeg grated, ¾ pound stale dry bread crumbs. Mix all the ingredients together, beat 5 eggs, without separating, until light, add to them ½ pint grape or orange juice, pour over the dry ingredients and mix thoroughly. The mixture should not be wet, but each particle should be moistened. Pack this into small greased kettles or moulds; it will fill 2 3-lb. kettles. Put on the covers, stand the moulds in the steamer and steam steadily for 10 hours. The easier way is to get the ingredients ready the night before; mix and put them on early in the morning, allowing them to cook all day. Take from the steamer, remove the lids of the kettles or moulds, and allow the puddings to cool, then replace lids and put puddings away. They will keep in a cool place for several months or a year.

## Raisin Cake

Put 1 pound butter into a basin, warm it, beat it to a cream and add gradually 1 pound sifted flour, the same of crushed loaf sugar, and the yolks of 6 eggs. Stir these well, and when they are incorporated add a wineglass brandy, 1 grated nutmeg, 1 teaspoon water, and lastly the whites of 6 eggs whipped to froth. Work well until the mixture has a light and creamy appearance, then add 1 pound Not-A-Seed Raisins finely chopped and sprinkled over with 1 breakfast cup flour to make them mix easier. Pour the cake mixture into a tin or mould lined with well-buttered paper, bake 1½ hours, turn it out when done and it is ready for use. A few rose leaves steeped in the brandy will add to the flavor of the cake.

## Splendid Raisin Cake

Quarter cup butter or lard, 1 cup sugar, ½ cup milk, 2½ teaspoons baking powder, 2 eggs, ½ teaspoon vanilla, 1¾ cups flour, 1¼ cups raisins. Cream butter and add sugar gradually. Add beaten eggs and milk. Add the flour sifted with baking powder, vanilla and raisins. Bake in layer tins about 20 to 30 minutes. Filling—Whip 1½ cups heavy cream until stiff, add ½ teaspoon vanilla, 2 teaspoons powdered sugar, 3¼ cups chopped raisins.

## Raisin Pie

Wash 1 pound raisins and stew them a few minutes in a very little water. Add a few drops lemon and sweeten to taste. Stir in enough cornstarch to thicken slightly and add a small piece of butter. Beat the yolk of 1 egg to each pie, and use all the egg for filling, and make the pies with a top crust. One pound of these raisins will make 2 or 3 good pies, and they are economical because taking much less sugar than other pie fruits. A large percentage of the weight of these Raisins is Natural Grape Sugar.

## Raisin Pie (Without Eggs)

Two cups raisins, ½ teaspoon cinnamon, ½ tablespoon butter, ½ cup sugar, tablespoon flour and a pinch of salt. Cover raisins with boiling water, add cinnamon and cook 20 minutes. Mix sugar, salt and flour and sprinkle ½ on lower pie crust; add raisins and sprinkle with other ½ of sugar, etc. Add few dots of butter and upper crust and bake.

## Raisins and Almond Cake

One pound sifted flour, ½ pound butter, ¾ pound sugar, 2 eggs, ½ teaspoon ground ginger, 1 teaspoon ground cinnamon, 4 ounces almonds blanched and chopped very fine, 2 ounces Not-A-Seed Raisins finely chopped. Mix all the dry ingredients together, then rub in the butter, add eggs and essence last of all; roll out ½ inch thick; cut in fancy shapes and bake in slow oven.

## Raisin and Walnut Cookies

One and one-half cups sugar, 1 cup butter, 3 eggs, 1 cup each walnuts and Not-A-Seed Raisins, the raisins chopped with the walnuts, 1 teaspoon each of cloves, cinnamon and vanilla, 1 teaspoon soda, 3 cups flour, or enough to make a stiff dough.

## Home-Made Raisin Bread

One pint water, 1 pint sweet milk, 2 ounces sugar, 1 ounce salt, 2 ounces lard, 1½ ounces compressed yeast, 2 pounds raisins, 4 pounds flour. Have milk and water warm. Dissolve yeast in water. Mix dough thoroughly. Let dough raise well, then punch down and let raise again. Mould in round loaves and when raised bake in hot oven of about 450 degrees. When potato yeast is used, use 1 pint yeast and 1 pint milk or water.

## Raisin Brown Bread

Three cups yellow corn meal, 1½ cups grain flour, 1½ cups white flour, 1 cup No. O. molasses, 1 teaspoon soda dissolved in ½ cup hot water, 1 teaspoon salt, enough sour milk to make a soft batter. Mix flour and salt, then molasses with soda. Stir until foamy, then add milk and 1½ cups raisins. Fill mould half full and steam 3 hours.

## Raisin Loaf Cake

A piece of raised dough, ½ cup butter, 1 cup sugar, 3 eggs well beaten, 1 cup walnuts chopped, 1 pound Not-A-Seed Raisins, 1 tablespoon cinnamon. Mix well and let raise until light; bake in mould.

## Raisin Cookies

One pound sugar, 1 pound dark brown sugar, 1 pound butter, 1½ pounds raisins, 2½ pounds flour, ½ cup molasses, 8 eggs, cinnamon and cloves to taste, 1 teaspoon soda dissolved in a little hot water. Cream butter and sugar as for regular cake and mix accordingly. Drop a teaspoonful on a buttered pan and it should spread like a cookie. If too thin, a little more flour may be added.

**Not-a-Seed Raisins  
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cup of currant jelly. Heat milk to scalding, but not boiling. Beat the yolks; stir the sugar into them, and pour upon them gradually, mixing well, a cup of the hot milk. Put into saucepan and boil until it begins to thicken. When cool flavor, and pour into a glass dish. Heap upon top a meringue of whites whipped until you can cut it, into which you have beaten the jelly, a teaspoon at a time.

#### Coffee Cream

Put three-quarters of a pint of boiled milk into a stewpan, with a large cupful of made coffee, and add the yolks of eight well-beaten eggs and four ounces of pounded loaf sugar. Stir the whole briskly over a clear fire until it begins to thicken, take it off fire, stir it for a minute or two longer, and strain it through a sieve on two ounces of gelatine. Mix it thoroughly together and when the gelatine is dissolved, pour the cream into a mold, previously dipped into cold water, and set the mold on rough ice to set.

#### Lemon Cream

Pare into a pint of water the peels of three large lemons; let it stand four or five hours; then take them out and put to the water the juice of four lemons and six ounces of fine loaf sugar. Beat the whites of six eggs and mix it all together, strain it through a lawn sieve, set it over a slow fire, stir it one way until as thick as good cream; then take it off the fire and stir it until cold, and put it into a glass dish.

Orange cream can be made in the same way, adding the yolks of three eggs.

#### Raspberry Cream

Pound and sift a quarter of a pound of sugar, mix with it a quarter of a pound of raspberry jam or jelly, and the whites of four eggs. All to be beaten together for one hour, and then put in lumps in a glass dish.

#### Italian Cream

Take one quart of cream, sweeten one pint of milk very sweet and flavored with sherry wine and vanilla. Beat it and remove the froth, as you make it, on to a dish till it is all froth. Dissolve a package of gelatine in a little warm water. Set the dish containing the froth into tub of ice. Pour the gelatine into it, stir constantly until it thickens, then pour into molds and set in a cool place.

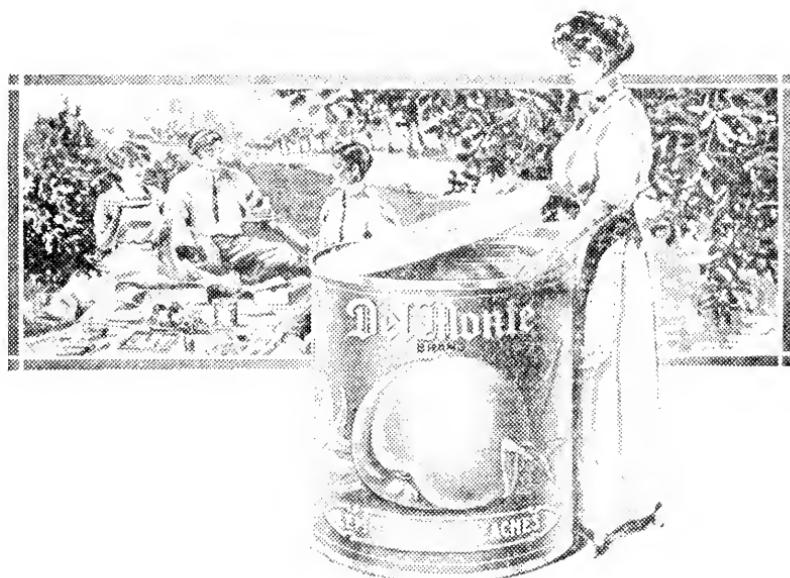
#### Bavarian Cream

Dissolve half a package of gelatine in one quart of boiling milk; stir until it is dissolved, then add a pint of cream, and sweeten to taste. Add three tablespoonfuls of extract of vanilla. Let it cool a little, stirring it occasionally; then put into custard cups, or in a mold, and leave it in a cold place till ready to use.

#### Spanish Cream

Boil one-half ounce of gelatine in one-quarter of a pint of milk, till dissolved. When nearly cold strain it through muslin and mix with it a custard made of one-quarter of a pint of milk, one-half pint of cream, beaten yolks of three eggs, any kind of flavoring, one ounce of sugar. Stir it until almost cold, pour it in a damp mold and put it in a cool place to set. When wanted, dip into hot water for about one-half minute, shake it well to loosen the edges, place the dish upon the mold and turn it out quickly. Care must be taken that the custard does not curdle.

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**Cream of Corn Soup**

Chop the contents of a can of **Del Monte** Brand corn very fine, first draining off the liquid. Put the liquid and corn in a saucepan, add a cup of water and simmer for fifteen minutes, closely covered. Add salt and pepper and a heaping teaspoonful of sugar. Rub to a paste two tablespoonfuls of butter and two of flour, and pour upon them in a saucepan a quart of rich milk into which a pinch of soda has been stirred. Stir until like smooth cream, then add the corn purée. As soon as the soup is scalding hot, take from the fire, and pour it upon the yolks of two eggs, beaten very light, whipping the eggs all the while that you are adding the soup. Serve at once in heated soup plates. This is a delicious purée.

**Cream of Pea Soup**

Turn the liquor from a can of **Del Monte** Brand peas, and cover them with cold water. In twenty minutes drain the peas, cover with a pint of slightly salted hot water, and boil until very soft, adding a lump of sugar while cooking. Rub through a colander into a pint of milk that has been heated and thickened with a paste of a tablespoonful, each, of butter and flour. Return to the fire for a minute, whipping hard while it is reaching the scalding point, then serve.

**Cream of Spinach Soup**

Turn out the contents of a can of **Del Monte** Brand spinach and chop the vegetable very, very fine. Thicken a quart of milk with a tablespoonful of butter rubbed to a paste with a tablespoonful of cornstarch, adding a pinch of soda, and keep hot in a double boiler at the side of the range while you add to the spinach a cup of hot salted water, a tiny pinch of soda, and seasoning to taste. Cook for five minutes, or until the boiling point is reached, then rub the spinach through a colander into the milk, beating this steadily. Take from the fire and serve at once.

**Tomato Soup**

Into a quart of soup stock that has been skimmed and seasoned, turn the contents of a can of **Del Monte** Brand tomatoes. Put over the fire, bring to a boil and cook for ten minutes. Run through a fine strainer, return to the fire, season with salt, pepper and a few drops of kitchen-bouquet, and stir in two heaping tablespoonfuls of raw rice that has been carefully washed. Set the soup where it will simmer gently, but not boil hard. When the rice is tender, add a teaspoonful of granulated sugar to the soup, and serve.

**Cream of Tomato Soup**

Rub the contents of a can of **Del Monte** Brand tomatoes through a strainer, and put over the fire with a heaping teaspoonful of granulated sugar, a teaspoonful of onion juice and a pinch of baking soda. When the tomatoes are scalding hot, cook together in another saucepan two tablespoonfuls of butter and a heaping tablespoonful of flour, and pour upon them a quart of fresh milk. When this has been stirred to the consistency of rich cream, season the tomatoes with salt and pepper to taste and beat the milk gradually into them. Take at once from the fire, turn into bouillon-cups or soup-plates, and put a large spoonful of unsweetened whipped cream on the surface of each plate or cup of soup.

### Scalloped Asparagus

Drain **Del Monte** Brand asparagus, cut off the tips, with about an inch of the stalk—saving the stalks for soup. Cover the tips with boiling, salted water, and simmer for five minutes. Drain, and put in the bottom of a buttered pudding-dish. Sprinkle with salt and pepper, and cover with three hard-boiled eggs, chopped very fine, and seasoned. Over these pour a white sauce, and sprinkle this with crumbs and bits of butter. Set in the oven for fifteen minutes and serve.

### Asparagus Loaf

Cut the top from a loaf of stale bread, and scoop out the inside, leaving a hollowed loaf, like an empty box. Lay the cover on top of the loaf, and set in the oven with the door open until very dry, but not browned. Cook **Del Monte** Brand asparagus tips in hot water for ten minutes, drain, and stir into them a white sauce made by cooking together a tablespoonful each of butter and flour, and pouring upon them a gill of milk and one of cream, and seasoning to taste. Stir until smooth and thick before adding the asparagus tips. Fill the hollowed loaf with this mixture, set in the oven until heated through, or for five minutes, and send to the table.

### Asparagus Cups

Cut stale bread into slices one-and-half inches thick and remove the crusts. With a biscuit-cutter press half-way through each slice, and remove the crumb from the center. Set these cuplike slices in the oven, and, when hot, brush over with melted butter and brown lightly. Prepare canned **Del Monte** Brand asparagus tips according to the directions for Asparagus Loaf, fill the cups with the mixture, make these very hot in the oven, and serve.

### Tomato Aspic Salad

Drain all the liquor from a can of **Del Monte** Brand tomatoes. Soak a half-box of gelatine for a half-hour in a cupful of cold water. Put the tomato liquor into a saucepan with a bay leaf, a half teaspoonful of onion juice and a sprig of parsley. Season with salt and white pepper, and bring to a boil. Simmer for twenty minutes, stir in the soaked gelatine, add a teaspoonful of sugar and, as soon as the gelatine is dissolved, take from the fire and strain through a flannel jelly-bag. Pour into a wet melon mold or into a border mold, and set in a cold place to form. When stiff turn out upon platter and serve garnished with lettuce leaves, pouring a mayonnaise over it.

### Beet and Celery Salad

Drain **Del Monte** Brand canned beets, and scoop out the insides. Cut crisp celery into small bits and mix with a rich mayonnaise. Fill the beets with this mixture and set them in the ice until very cold. Put two crisp lettuce leaves on one plate, lay the stuffed beets on this and send to the table.

### Macedoine Salad

Drain the liquor from **Del Monte** Brand canned tomatoes, and cut into bits of uniform size enough tomatoes to make a half-cupful; add to them a half cupful of **Del Monte** Brand canned, drained peas, a half cupful of **Del Monte** Brand canned string beans, a half cupful of celery

cut into bits, and two hard-boiled eggs, cut into bits. Season all with salt and pepper and set in the ice until very cold, then mix with a French dressing and heap the vegetables on crisp lettuce leaves.

### Spinach and Egg Salad

Boil eight eggs hard, cut in half and remove the yolks. Drain a can of **Del Monte** Brand spinach and chop very fine or put through a meat chopper. Rub the egg yolks to a paste with a tablespoonful of melted butter; work into this the spinach, adding more melted butter if necessary to make a paste that can be handled. Season with salt and pepper, and make the mixture into balls. Cut off the ends of the halved egg-whites so that they may stand. Fit into each one of these one of the balls, and arrange on a lettuce-lined platter. As there will be some of the paste left over, make it all up into round balls, and garnish the edge of the dish with them. Pour over all mayonnaise dressing. This is a pretty and delicious dish.

### Bean, Beet and Spinach Salad

Drain the liquor from a can of **Del Monte** Brand string beans and put them on the ice; drain the liquor from a can of **Del Monte** Brand beets, and cut these into dice of uniform size, and put on the ice; press the water from a can of **Del Monte** Brand spinach, chop it coarsely, and put this also on the ice. When the vegetables are chilled, mound the spinach in the center of a platter, put a ring of the beet-dice around this, arrange about the beets a ring of string beans, and border these with crisp lettuce leaves. Drench all with French dressing, and serve.

### Stewed Corn

Turn the contents of a can of **Del Monte** Brand corn into a fine colander. Hold under the cold water faucet and wash off the corn, then turn into a saucepan. Cover with slightly salted boiling water and stew for ten minutes, or until the kernels are as tender as desired. Drain off the hot water, add a cup of milk into which has been stirred a tablespoonful of butter and beat all until very hot, then serve. If preferred the milk may be thickened by adding a heaping teaspoonful of flour to the butter before putting this into the milk.

### Corn and Tomatoes

Chop the pulp from a can of **Del Monte** Brand tomatoes into small pieces, and put it with the drained contents of a can of **Del Monte** Brand corn together in a saucepan. Stew for fifteen minutes, season with sugar, salt and pepper, thicken with butter and flour, and turn into a baking dish, strewing buttered crumbs over the top. Bake for fifteen minutes.

### Corn and Potatoes

Drain the contents of a can of **Del Monte** Brand corn, and turn the kernels into a frying pan containing melted butter. Cut cold boiled potatoes into dice, and add two cupfuls of these to the corn in the pan. Toss and stir all together until the potatoes are lightly browned, sprinkle with salt and pepper and turn into a heated vegetable dish.

### Tomatoes, Corn and Green Peppers

Cut the tops from green peppers, remove with a sharp knife the inner membrane and seeds, and put into a bowl. Pour over the peppers enough boiling water to cover them, and leave in this water until it is cold. This process draws out the hot taste from the vegetable.

Empty a can of **Del Monte** Brand tomatoes into a colander, and drain off the liquor. Chop the pulp and mix it with the chopped kernels of a can of **Del Monte** Brand corn. Add sugar to taste, and season with salt and pepper. Add enough cold boiled rice to hold the vegetables together, and fill the peppers with this mixture. Put into a baking dish, pour the tomato liquid about the base of the peppers, and cook until the peppers are tender. Transfer to a hot dish, add to the tomato liquor in the pan, sugar, salt and pepper to taste, thicken it with flour rubbed into butter, and pour around the stuffed peppers.

### Corn Omelette

Beat six eggs very light, and add salt and pepper. Make a pint of white sauce, and into this stir the contents of a can of **Del Monte** Brand corn, first draining off the liquor. Season with a little sugar, salt and white pepper. Turn the eggs into an omelette pan, and when the omelette is set, spread it with half of the corn mixture, fold it over, transfer to a heated platter, and pour the remainder of the corn and sauce about the omelette. Serve at once.

### Scalloped Tomatoes

Rub the contents of a can of **Del Monte** Brand tomatoes through a colander. Season with a heaping teaspoonful of sugar, and salt and pepper to taste. Butter a pudding dish and put into the bottom of it a layer of tomatoes, sprinkle well with bread crumbs, and scatter bits of butter over these. Put in more tomatoes, and more crumbs until the dish is full, having the top layer of buttered crumbs. Set the dish in the oven, covered, for a half-hour, uncover and brown.

### Creamed Spinach

Drain the liquid from a can of **Del Monte** Brand spinach and put it into the inner vessel of a double boiler. Steam until very hot and soft. Take from the fire, chop very fine, or put through a food-chopper. Return to the fire, add a tablespoonful of butter and a gill of thick cream into which a pinch of soda has been stirred. With a wire egg-whip beat the mixture as light as possible, adding more cream if necessary to make very soft. Season to taste, heap on a hot platter, garnish with triangles of toast and serve.

### Boiled Spinach

Open a can of **Del Monte** Brand spinach and pour out the contents an hour or two before using. Drain, cover with salted water, and simmer for ten minutes, adding a generous pinch of baking soda to the water in which the vegetable is cooked. Drain, chop the spinach very, very fine, beating into it as soon as chopped a tablespoonful of melted—not hot—butter. Add salt and pepper to taste, mound the spinach on a hot dish, garnish with slices of hard-boiled egg, and serve.

### Spinach and Eggs

Drain canned **Del Monte** Brand spinach, and chop small. Cook together in a frying pan two tablespoonfuls of flour and one tablespoonful of butter and stir the spinach into this with three tablespoonfuls of cream. Season, and stir over the fire for three minutes, taking care not to allow the mixture to scorch. Take from the fire, and, when the spinach begins to cool, line the bottom and sides of nappies with it, leaving a hollow in the center. Into this hollow break a fresh egg, put a little butter on top of it, sprinkle with salt and pepper, and set in the oven until the white of the eggs has formed. Serve as an entree or luncheon dish.

### Asparagus on Toast

Drain the water from canned **Del Monte** Brand asparagus and lay the stalks at full length in an asparagus boiler. Cover with salted boiling water, and leave just long enough to heat the stalks through. Have ready a platter of crustless toast, moisten these slightly by sprinkling them with a few drops of asparagus water, and lay the stalks on this—all the heads turned in one direction. Pass a white sauce with the dish, or, if preferred, pour melted butter over the heads of the stalks.

### Asparagus Tips

Canned **Del Monte** Brand asparagus tips may be prepared exactly according to the former recipe, and, when hot, may be stirred into the white sauce and then poured over rounds of toast.

### Asparagus a la Vinaigrette

Drain the stalks from a can of **Del Monte** Brand asparagus, cover with boiling water, drain as soon as heated, and, while hot, pour over them a dressing made by mixing six tablespoonfuls of salad oil, two tablespoonfuls of vinegar, a saltspoonful of salt (or more, if liked), a saltspoonful of French mustard, and a dash of paprika. Beat this dressing to an emulsion before putting it on the asparagus, then set all in the ice until the stalks are chilled through.

### Beets With Vinegar Sauce

Turn the **Del Monte** Brand beets from the can and heat them in the liquor in which they were canned. Drain, and put them into a vegetable dish to keep hot. Melt in a frying pan two tablespoonfuls of butter and stir into it five tablespoonfuls of vinegar and a little pepper and salt. When boiling hot, pour over the beets, and serve.

### Boiled String Beans

Heat the **Del Monte** Brand of beans to the boiling point in the liquor in which they were canned, drain off the liquid, add salted boiling water, and cook for ten minutes slowly. Drain again, season with salt and pepper, and stir in a great lump of butter. When this is melted, serve. Or, if preferred, pour a white sauce over the beans, instead of the butter.

### String Beans With Brown Sauce

Drain the **Del Monte** Brand of beans and cover with boiling water. Cook for five minutes. Heat a pint of strained beef-stock, well sea-

soned; drain the beans, and stir them into this. Simmer for five minutes more, drain again, and put into a colander to keep hot. Rub together two tablespoonfuls of browned flour, a half-teaspoonful of kitchen bouquet, and a gill of cold water, making a paste that is free from lumps. Stir this into the stock in which the beans were boiled, and, when you have a smooth, brown sauce, turn into it the beans, toss and stir until smoking hot, and serve in a heated vegetable-dish.

### Pea Soufflé

Drain the liquor from a can of **Del Monte** Brand peas, put them into a double boiler, add pepper and salt and a generous teaspoonful of granulated sugar and cook until very soft. Drain; rub through a colander, and mash with the back of a silver spoon, adding melted butter until you have a smooth paste. Beat three eggs well, add to them two cups of milk, and beat this liquid gradually into the pea-paste, whipping all very light. Turn into a buttered pudding dish and bake, covered, for fifteen minutes, uncover and bake to a delicate brown. Serve as soon as done. This is a delicious dish.

### Green Pea Fritters

Make a soft paste of canned **Del Monte** Brand peas as directed in the last recipe. Into this paste beat a teaspoonful of butter, a little salt and pepper, four eggs, beaten very light, a cupful of milk, and enough prepared flour to make a stiff batter, or about a cupful. Drop this mixture by the spoonful upon a buttered griddle, and, when brown on one side, turn and brown on the other.

### Green Pea Balls

Drain the liquor from a can of **Del Monte** Brand peas, and boil tender in salted water. Drain, rub through a colander, and work into them a tablespoonful of butter rubbed smooth in two tablespoonfuls of flour, a gill of cream, a teaspoonful of sugar, salt and pepper to taste, and two beaten eggs. Put into the inner vessel of a double boiler and stir this mass until it has cooked long enough to be boiling hot all through. Take from the fire and set away to cool. When cold, flour the hands and make into small balls of uniform size. Dip in beaten egg and then in cracker dust and set in a cold place for at least an hour before frying in deep, boiling fat. Serve with white sauce poured around them.

### Peas and Carrots, Creamed

Scrape carrots, boil until tender, and cut into small dice of uniform size. Drain the liquor from a can of **Del Monte** Brand peas, cover with salted boiling water and simmer for five minutes. Drain, mix the carrot-dice with the peas, cover with boiling water and cook together for three minutes, then drain, season to taste, pour into them a well-seasoned white sauce, stir over the fire for one minute, and serve.

### Baked Spinach

Drain canned **Del Monte** Brand spinach and chop very fine. Into this chopped mass beat four beaten eggs, a tablespoonful of flour stirred into a cup of cream, salt and pepper to season, and a tablespoonful of

melted butter. Beat long and hard, turn immediately into a greased baking dish, and set in the oven. Bake to a light brown and serve as soon as possible.

### Baked Tomato Omelet

Drain the liquor from a can of **Del Monte** Brand tomatoes, and chop the tomatoes. Season them to taste and put into the bottom of a pudding dish. Beat five eggs very light, whipping into them a cupful of crumbs that have been soaked for an hour in enough milk to make them very soft. Season with salt and pepper, and whip in a tablespoonful of Parmesan cheese. Pour into the pudding dish and cook in a hot oven until light brown and puffy. Serve immediately.

### Creamed Beets

Drain the liquor from a can of **Del Monte** Brand beets, and cut the beets into slices a quarter of an inch thick. Make a rich white sauce and turn the beets into these. Season with salt and pepper and toss and turn until very hot.

### Beets With Vinegar Sauce

Turn the **Del Monte** Brand beets from the can and heat them in the liquor in which they were canned. Drain, and put them into a vegetable dish to keep hot. Melt in a frying pan two tablespoonfuls of butter and stir into it five tablespoonfuls of vinegar and a little pepper and salt. When boiling hot, put over the beets, and serve.

### Beets Stuffed With Peas

Select **Del Monte** Brand beets. Drain the liquor from a can of **Del Monte** Brand peas, and heat in a little boiling water. Drain, add a spoonful of melted butter and salt and pepper to taste, and fill the hollowed beets with them. Set in the oven for a few minutes, pour over all hot, melted butter and serve.

### Tomatoes and Eggs

Boil eight eggs hard, and cut into thick slices. Turn the contents of a can of **Del Monte** Brand tomatoes into a saucepan and stew for ten minutes, seasoning to taste, and thickening with three teaspoonfuls of cornstarch rubbed into a tablespoonful of butter. Take from the fire. In the bottom of a buttered dish put a layer of crumbs, make these very wet with the tomatoes, and lay on them slices of eggs sprinkling with salt and pepper. Put in another thin layer of crumbs, and pour in more tomatoes, laying more egg slices on these. When the eggs are all used pour in all the tomatoes, sprinkle these with buttered crumbs and set for five minutes in the oven, or until heated well. Serve in the dish in which the ingredients were baked.



## HINTS ON COOKING AND SERVING

Vegetables should be boiled in soft water, if obtainable, if not, a little carbonate of soda thrown in will render it so. The water should only be allowed to come to a boil before putting in the vegetables. It is best to boil vegetables by themselves and to boil quickly. When done take them up immediately and drain.

In cooking all vegetables, a teaspoonful of salt for each two quarts of water is allowed. Most vegetables are eaten dressed with salt, pepper and butter, but sometimes a piece of lean pork is broiled with them, which seasons them sufficiently.

### Time Table

Thirty minutes.—Asparagus, Corn, Macaroni, Mushrooms, Peas, Tomatoes, New Cabbage, Cauliflower.

Forty-five minutes.—Young Beets, Carrots, Parsnips, Turnips, Baked Potatoes, Rice.

One hour.—Artichokes, String Beans, Sprouts, Greens, Salsify (oyster plant), New Onions, Winter Squash.

Two hours.—Carrots, Parsnips, Turnips.

Three to five hours.—Old Beets.

Five to eight hours.—Dried Beans, Dried Peas, Hominy, etc.

### Corn Boiled on the Cob

It is difficult to get corn that has been taken fresh from the field, therefore much of its original sweetness is lost. But no time should be lost in cooking it properly. It is a prevalent custom to cook the cob and thereby sacrifice the corn. Put the corn on to cook in rapidly and freshly boiling water. After it begins to boil, let it cook for five to eight minutes, take out the water, place on a cloth to steam and keep hot, and then on platter to serve at once.

### Sauted Green Tomatoes

Select smooth tomatoes not quite half ripe. Wash, slice one-half inch thick, drain, dry and dust with salt and pepper. Egg and crumb the slices; put three tablespoons of oil or drippings, with a bit of butter for flavor, in a frying pan, and when very hot, put in tomato slices. Fry until brown on one side, turn and brown on the other. Remove from pan with cake turner to retain shape, place on heated dish and serve with Hollandaise sauce.

J. KING

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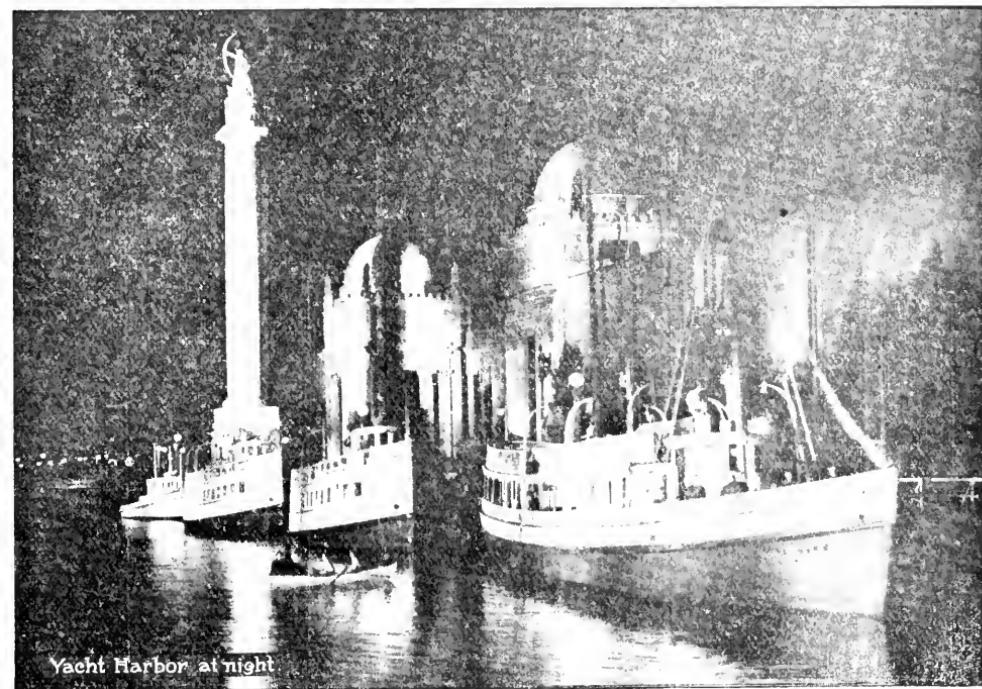
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SAN FRANCISCO



Plaza, front of Tower of Jewels



Yacht Harbor at night

## BRIDE'S COOK BOOK

### Fried Egg Plant

Wipe the egg plant, cut in one-quarter-inch slices, soak in salted cold water one hour. Dip each slice in beaten egg and fry in butter until inside is very soft, outside brown.

### Potato Croquettes

Mix together one pint of hot mashed potatoes, teaspoonful of salt, one-third of pepper, one of onion juice, one tablespoonful of butter, one tablespoon chopped parsley, yolks two beaten eggs. Stir over fire until mixture leaves side of saucepan. When cool, shape into croquettes, dip each in beaten egg, roll in crumbs, and fry brown in deep kettle of smoking hot fat.

### Lyonnaise Potatoes

Heat one tablespoon butter in frying-pan. Add one tablespoon chopped onion. When pale brown add one pint diced boiled potatoes, seasoned. Shake till butter is absorbed; potatoes should not color. Add one tablespoon chopped parsley and take up.

### Potato Cakes

Roast some potatoes in the oven; when done skin and pound in a mortar with a small piece of butter, warmed in a little milk; chop a shallot and a little parsley very finely, mix well with the potatoes, add pepper, salt, shape into cakes, egg and bread crumb them, and fry a light brown.

### To Cook Salsify

Scrape the root and put into cold water immediately; cut into thin slices; boil tender, make a nice white sauce or drawn butter and pour over, or boil to a mash; mix with butter, salt, a little milk and pepper, add flour enough and mix as codfish cakes; and fry in the same manner.

### Summer Squash

The white scalloped ones are the best. Take them before the rind or seeds become hard. Wash and cut in moderately small pieces. Boil in clear water until tender enough to mash. Then place in a colander and drain. Have ready some bread cut in small pieces (not crumbled). Now put in a spoonful of good butter in a skillet. When hot put in the bread and stir until brown, then add the squash. Mash and mix well together, and season with pepper and salt.

### Green Peas

Shell into cold water. Then put them into cold water and let simmer twenty minutes; season with plenty of butter and salt and a cupful of cream. Canned peas should merely be turned out of the can, liquor poured off the peas, rinsed, and set on to boil. When done add milk, butter and salt. When they have come to a boil once they are ready for the table.

### Stuffed Peppers

Six green peppers from which stem ends and seeds have been removed. Scald in water to cover, over the simmering burner, from five to eight minutes. Drain ready to fill. Make filling from nicely boiled or steamed whole and blanched, season with salt, pepper and butter. Or from "left overs," if at hand; one and one-half cupfuls of rice, three-fourths of a cup of minced lamb, veal or chicken is used. Tomatoes may be stuffed with one-half cup of stewed and strained tomatoes; and one teaspoon grated onion pulp. Mix ingredients, fill peppers two-thirds and finish each with buttered bread crumbs. Put closely together in a deep baking dish, with one-half cup of stock or water in the dish. Cover for first ten minutes in the oven, and bake fifteen minutes longer uncovered. A very rare vegetable entree when minced lamb, veal or chicken is used. Tomatoes may be stuffed with the same mixture, substituting chopped pepper for tomato or using peppers with the plain rice.

### Potato Noodles

Mash boiled potatoes fine and mix with enough flour to make a stiff dough. Pinch off bits of the dough and roll between the palms of the hands to little strips, the length of your smallest finger. Throw into a pot of boiling water. When they come to the top skim them out, put in a colander and hold under cold running water. When they are boiled and cooled, stand until dry. Fry brown in butter and serve with steak and tomato sauce.

### Potato au Gratin

Slice cold boiled potatoes. Make a cream sauce from two tablespoonfuls each of butter and Albers flour, one level teaspoonful of salt, one-eighth of a teaspoon of pepper. Heat butter, add flour and seasoning. When hot, add milk gradually and cook smoothly. Add potatoes, let heat through and put in buttered individual dishes or baking dish. Fold lightly some finely chopped cheese and bake about ten minutes in a moderate oven.

### Carrots and Other Root Vegetables

Scrape or pare carrots, parsnips, turnips. Dice and cook gently in unsalted water till tender. Drain and reheat in seasoned butter, one tablespoon to one pint, or in a drawn butter or white sauce. In early summer, when roots are small, water should be salted. Onions should also be boiled in salted water, then finished as here directed.

### Stewed Corn

Husk corn. Draw sharp knife down center of each row of grain; press out pulp with back of knife. To one pint add one-half teaspoon salt, one-half teaspoon sugar, dash pepper, one-half cup cream or rich milk. Heat and simmer ten minutes.

**Spanish Dish**

Take one cupful boiled rice, then fry two tomatoes and a half an onion together, season with pepper, salt, half teaspoon sugar and half a chili pepper. Mix with rice, all together, then add four tablespoonfuls of grated Swiss cheese and one cupful of cooked shrimps. Cook on back of stove half an hour. Very good, eaten hot or cold.

**Spanish Beans**

Soak two cups pink beans over night. In the morning cover beans with water, add a small onion and boil until beans will mash between fingers; drain the liquid from the beans, but do not throw it away. Into a frying pan, not less than two inches deep, put a large cooking spoonful of fresh lard. Allow it to become quite clear. After laying in as many beans as will absorb lard, place the pan over a hot fire and mix beans and lard thoroughly together until the beans appear to have a coating of lard and begin to burst. Add a cupful of the liquid in which the beans were boiled and gently crush the beans with a spoon, but do not mash. Now add the remainder of the liquid and allow to simmer on the back of stove for half to one hour, or until the beans are of the consistency desired, either with considerable liquid (but thick) or quite dry. Success depends upon observing the following rules: Do not add salt until the beans are boiled soft. The onion is not perceptible after cooking, only gives the beans the characteristic Mexican taste, which no spice can produce. Have the lard at boiling point. Mexican chili may be added after the last portion of liquid is used.

To prepare Mexican chili, take half a dozen dry chili peppers, remove seeds and cover with water and boil ten minutes. Chop fine and run through sieve to remove skins. Put in as much or as little, according to how hot you like them.

**Spanish Rice**

Take three onions, cut them up fine, and a small piece of garlic cut fine, and put them in a pan with two or three large green peppers, cut small and fry not too brown; then add one can of tomatoes, salt and pepper to taste and a little prepared chili con carne. Now have a small pan with hot lard, put in rice and fry not too brown; then take rice and mix together with the sauce and fry slowly for about one hour. You will find this a delicious dish, also a very fine vegetable.

**String Beans Spanish**

Boil one pound of string beans until tender, let them cool; beat the white of three eggs until thick, put in the yellow, beat five minutes more, take six or seven string beans and roll them in the egg and fry them and serve with tomato sauce.

**Winter Squash**

Cut in pieces, take out the seeds and pare as thin as possible; steam or boil until soft and tender. Drain and press well, then mash with butter, pepper, salt and sugar. Summer squash cook the same way; if extremely tender they need not be pared.

**Broiled Mushrooms**

In order to test mushrooms, sprinkle salt on the gills—if they turn yellow they are poisonous, if they turn black they are good. After testing, pare and cut off stems, dip in melted butter, season with salt and pepper, broil on both sides and serve on toast.

**Baked Mushrooms**

Toast for each person a large slice of bread and spread over with rich, sweet cream; lay on each side, head downward, a mushroom, or if small more than one; season and fill each with as much cream as it will hold. Place over each a custard cup, pressing well down to the toast; set in a moderate oven and cook fifteen minutes. Do not remove the cups for five minutes after they come from the oven, as thereby the flavor of the mushroom is preserved in its entirety.

**Creamed Potatoes**

Put a pint of milk (or one-half pint of cream) in a frying-pan and let heat; add a piece of butter the size of a butternut, thicken with Albers flour, can be cut into cubes. Boil twenty minutes in slightly salted water, taking care that they do not break, then drain and let cool a little. Now prepare a golden sauce as follows: Boil one-half cupful of milk or water with one-half dozen pepper corns and one teaspoonful of salt. When flavored, strain it into another saucepan and add one-half cup of butter and the yolks of three eggs, beat with a fork, over the fire, until it thickens like cream. Then squeeze in the juice of one-half of a lemon or a tablespoonful of vinegar. Pour over the potatoes and garnish with sprigs of parsley.

**Lyonnaise Potatoes**

Take six cold boiled potatoes, place them in a frying-pan with a piece of butter the size of an English walnut and an onion chopped up raw. Season with salt and pepper. Cook, stirring until well browned. Chop a little parsley and sprinkle over.

**Potato Cakes**

**Grate** raw potatoes and add a little salt, a piece of butter and an egg. Beat all well together, dredge with Albers flour. Drop them into good drippings and fry a light brown. Cold mashed potatoes can be made in the same manner, but they are not as nice.

**Succotash**

Time, one hour and a half.—Cut off the corn from the cobs, and put the cobs in just water enough to cover them, and boil one hour; then remove the cobs and put in the corn and a quart of Lima beans, and boil thirty minutes. When boiled, add some cream or milk, salt and butter.

**Parsnip Fritters**

Time, one hour and a half to boil.—Boil four or five parsnips until tender, take off the skins and mash them very fine, add to them a teaspoonful of flour, one egg, well beaten, and a seasoning of salt. Make the mixture into small cakes with a spoon, and fry them on both sides a delicate brown in boiling butter or beef drippings; when both sides are done, serve them up very hot on a napkin or hot dish, according to your taste.

**Saratoga Chips**

Peel the potatoes carefully, cut into very thin slices and keep in cold water over night; in the morning drain off water and rub the potatoes between napkins thoroughly dry, then throw a handful at a time into a kettle or pan of very hot lard, stirring so that they may not adhere to the kettle or to each other. As soon as they become light brown and crisp remove quickly with a skimmer and sprinkle with salt as they are taken up.

**Cucumbers a la Creme**

Cucumbers of medium size are best for this dish. Pare and quarter or dice six cucumbers; remove the seeds and soak for one-half hour, or until crisp, in water. Put into a saucepan, cover with boiling water, add a teaspoon of salt, and boil about thirty minutes or until tender, Drain and add one and one-half cups of cream sauce, allowing to cook a moment or two in the sauce.

**Spinach**

Wash in several waters, until entirely free from sand. When young and tender, put in a deep stewpan, add one-quarter cup of water and cook slowly, covered for fifteen or twenty minutes, in its own juices. Old spinach should be cooked in boiling salted water, two quarts of water allowed to one peck of spinach. Drain well, reheat, season with salt, pepper and oil or butter. Garnish with slices of hard-boiled eggs, or to suit individual taste.

**String Beans**

Top and tail the beans, and strip off all strings carefully; break into short lengths and wash. Boil in salted water until tender—from one and one-half to three hours. Drain, season and butter. salt and pepper.

**Onion Fricassee**

Wash and peel some onions; put them to stew slowly in a little boiling water, to which has been added a little salt. Cook until tender, then add half a pint of milk, one dessertspoonful of flour which has been moistened with a little milk and one heaping teaspoonful of butter. Boil for five minutes and serve with boiled potatoes.

**Asparagus on Toast**

Have stalks of equal length; scrape lower ends; tie in small bunches with tape. Cook twenty to thirty minutes, according to size. Dip six or eight slices dry toast in asparagus liquor, lay on hot platter, place asparagus on them, and cover with a white or drawn butter sauce; in making sauce use asparagus liquor and water or milk in equal quantities.

**Kidney Beans, Brown Sauce**

Cook one pint fresh shelled beans in salted water till tender. Drain; shake in sauceman with one teaspoon butter three minutes. Add one cup brown sauce and simmer five minutes.

**Macaroni**

Have a large kettle nearly full of rapidly boiling salted water. Break macaroni into two or three-inch lengths, drop into the water, and boil as directed for rice until tender, which will take from thirty to forty-five minutes. Drain, then pour cold water through colander to remove pastiness. Reheat in a little butter or in a white, brown or tomato sauce. Before sending to table, sprinkle thickly with grated cheese or stir the cheese through it.

Spaghetti, vermicelli, or any of the forms of paste may be prepared in the same way.

**Mexican Stuffed Chili**

Select even sized green peppers and cut the stems, seed and core. Make a stuffing of sardines and cheese chopped fine. Mix it with one egg. Stuff the peppers with this. Dip in thick butter and fry in deep, hot fat. Drain in a colander. When done serve very hot.

**Stewed Celery**

Time, one hour and twenty minutes.—Wash four heads of celery very clean, take off the dead leaves, and cut away any spots or discolored parts. Cut them into pieces about two or three inches long, and stew them for nearly half an hour. Then take them out, strain the water they were stewed in, and add it to half a pint of veal gravy, mixed with three or four tablespoonfuls of cream. Put in the pieces of celery and let them stew for nearly an hour longer. Serve with the sauce poured over.

**Rice Croquettes**

One teacupful of rice; boil a pint of milk and a pint of water, when boiled and hot add a piece of butter the size of an egg, two tablespoonfuls of sugar, two eggs, juice and grated peel of one lemon; stir this up well, have ready the yolks of two eggs, beaten on a plate, cracker crumbs on another; make the rice in rolls and dip in the eggs and crumbs; fry them in butter; serve hot.

**Young Beets Boiled**

Wash them very clean, but neither scrape nor cut them. Put them in boiling water, and according to their size, boil them from one to two hours; skin when done, grade with pepper, salt, a little butter. Beets are very nice baked, but require a much longer time to cook.

**Lima Beans**

Shell them in cold water; let them lie half an hour or longer, put them into a saucepan with plenty of boiling water, a little salt, and cook until tender. Drain and butter well and pepper to taste.

**Fried Parsnips**

Boil until tender, scrape off the skin and cut in lengthwise slices. Dredge with flour and fry in hot drippings, turning when one side is browned.

**Boiled Onions**

Skin them and soak them in cold water an hour or longer; then put into a saucepan and cover with boiling water, well salted; when nearly done, pour off the water, add a little milk, and simmer till tender. Season with butter, pepper and salt.

# **Recipes for Invalid Cooking**

Always prepare food for the sick in the neatest and most careful manner. In sickness the senses are usually acute, and far more susceptible to carelessness, negligence, and mistakes in the preparation and serving of food than when in health.

## **To Make Gruel**

Pour one quart of hot water into a clean earthen or tin vessel over a brisk fire; when it boils, add two large tablespoonfuls of corn or oatmeal; mix it smooth in just enough water to thicken it; put a small lump of butter into the water and when melted, add the meal and stir for about one-half hour; then add a teacupful of sweet milk, and when it boils again throw in the upper crust of hard-baked bread, cut into small pieces; let it boil some time and add a little black pepper, a little salt, a pinch of grated nutmeg, a little more butter and a teaspoonful of French brandy. The butter, spices and brandy should be omitted when the case is a serious one.

## **Beef Tea**

Take one pound of lean beef, cut it fine, put it in a bottle corked tightly, and put the bottle into a kettle of warm water; the water should be allowed to boil for a considerable time; the bottle should then be removed and the contents poured out. The tea may be salted a little and a teaspoonful given each time. Another way of preparing it is as follows: Take a thick steak, broil slightly on a gridiron until the juices have started, and then squeeze thoroughly with a lemon squeezer. The juice thus extracted will be highly nutritious.

## **Restorative Jelly**

Put in glass jar one-half box granulated gelatine, one tablespoon granulated gum arabic, two cloves, three tablespoons sugar, two tablespoons lemon juice, one cup port wine. Stand in kettle cold water, heat till all is dissolved. Strain into shallow dish. Chill. Cut in one-half inch squares.

## **Beef Juice**

Cut a thin, juicy steak into pieces one and one-half inches square; brown separately one and one-half minutes on each side before a hot fire; squeeze in a hot lemon squeezer; flavor with salt and pepper. May add to milk or pour on toast.

**Mutton Broth**

Lean loin of mutton, one and one-half pounds, including bone; water three pints. Boil gently till tender, throwing in a little salt and onion according to taste. Pour out broth in basin; when cold skim off fat. Warm up as wanted.

**Chicken Broth**

Select a plump chicken, cut into pieces and put into a granite pot with cover. Add two tablespoonfuls of pearl barley and two quarts of water; simmer for three hours, skimming frequently. When done remove from the fire, let stand for three hours; skim off top, heat, and serve.

**Clam Broth**

Wash thoroughly six large clams in shell; put in kettle with one cup of water; bring to boil and keep there one minute; the shells open, the water takes up the proper quantity of juice, and the broth is ready to pour off and serve hot.

**Cream Soup**

Take one quart of good stock (mutton or veal), cut one onion into quarters, slice three potatoes very thin, and put them into the stock with a small piece of mace; boil gently for an hour; then strain out the onion and mace; the potatoes should by this time have dissolved in the stock. Add one pint of milk, mixed with a very little corn flour to make it about as thick as cream. A little butter improves it. This soup may be made with milk instead of stock, if a little cream is used.

**Apple Soup**

Two cups of apples, two of water, two teaspoons of corn starch, one and one-half tablespoonfuls of sugar, one saltspoonful of cinnamon and a bit of salt. Stew the apple in the water until it is very soft, then mix together into a smooth paste the corn starch, sugar, salt and cinnamon with a little cold water; pour this into the apple and boil for five minutes. Strain it and keep it hot until ready to serve.

**Raw Meat Diet**

Scrape pulp from a good steak, season to taste, smear on thin slices of bread. Sear bread slightly and serve as a sandwich.

**Nutritious Coffee**

Dissolve a little gelatine in water, put one-half ounce of freshly ground coffee into sauce pan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear by pouring some of it into a cup and dashing back again; add the gelatine and leave it to settle for a few minutes. Beat up an egg in a breakfast cup and pour the coffee upon it. If preferred, drink without the egg.

**Rum Punch**

White sugar two teaspoonfuls; one egg stirred and beaten up; warm milk, large wineglassful; Jamaica rum, two to four teaspoonfuls nutmeg.

**Toast Water**

Toast three slices stale bread to dark brown, but do not burn. Put into pitcher, pour over them one quart of boiling water; cover closely and let stand on ice until cold; strain. May add wine and sugar.

**Rice Water**

Wash two tablespoons of rice. Put into saucepan with one quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add one saltspoonful of salt; serve warm or cold. May add sherry or port, two tablespoonfuls.

**Baked Flour Porridge**

Take one pint of Albers flour and pack tightly in a small muslin bag, throw into boiling water and boil five or six hours; cut off the outer sodden portion; grate the hard core fine. Blend thoroughly with a little milk and stir into boiling milk to the desired thickness.

**Rice Jelly**

Mix one heaping tablespoonful of rice with cold water until it is a smooth paste; add one scant pint of boiling water, sweeten with loaf sugar, boil until quite clear. Flavor with lemon juice.

**Corn Meal Gruel**

Mix one tablespoon corn meal, one-half teaspoon salt, and two tablespoons cold water. Add one pint boiling water, simmer slowly one hour.

In serving bowl put two tablespoons cream, one lump sugar, strain in gruel, stir for a moment and serve.

Flour and arrowroot gruel is made in the same way, but cooked ten minutes.

Farina gruel is made with milk and cooked one hour in double boiler. Boil oatmeal gruel one hour and strain.

**Barley Water**

Wash two tablespoons pearl barley, scald with boiling water, boil five minutes, strain. Add two quarts cold water, simmer till reduced one-half. Strain, add lemon juice to taste. Good in fevers.

**Squash on the Half Shell**

Divide a Hubbard squash in half lengthwise. Put in oven in dripping pan to bake. Cover and cook until tender. Aim to preserve the rind in good condition. Take out cooked center when done, mash and season with salt, butter and very rich cream, a suspicion of sugar and cinnamon or nutmeg; beat until light and creamy, return to the shell, reheat in the oven and serve in the shell. Garnish the platter with grape or other large leaves available.

**Lima Bean Puree**

Soak one pint of lima beans over night. Pour off water and if the skins are very loose, remove them as you would almonds, when blanching them. Put on to cook in one pint of water, add one-eighth teaspoon of soda, celery leaves or stalk of celery, and a few moments before tender, teaspoonful of salt and one-eighth of a teaspoon of pepper. When soft, put through puree sieve, return to fire and add one pint of milk and one tablespoon of Albers flour, blended with two tablespoons of butter. Serve with croutons.

**Timbales of Creamed Peas**

Drain liquor from a can of peas, rinse and drain again. Make a sauce from two tablespoons of butter, two tablespoons of flour, one and one-half cups of cream of milk, one-half teaspoon salt and one-eighth teaspoon of pepper. When sauce has thickened smoothly, add the peas, let them cook a moment, and fill the cases.

**Boiled Artichokes**

The artichokes should be washed well in several waters and picked over carefully to see that no insects are about them. Trim the leaves at the bottom. Cut off the stems and put the artichokes into boiling water with a heaped tablespoonful of salt and a piece of soda the size of a quarter. Keep the saucepan uncovered, and let them boil quickly until tender. When done you can thrust a fork through them. Take them out, drain, and serve with white sauce, made of flour, butter, new milk, two small onions cut up thin in it, and pepper. A tureen of melted butter should accompany them. It takes twenty-five minutes to cook them, and they should be gathered two or three days before wanted for use.

**Escalloped Onions**

Take eight or ten onions of good size, slice them, and boil till tender. Lay them in a baking dish, putting bread crumbs, butter in small bits, pepper and salt between each layer, until the dish is full, putting bread crumbs last; add milk or cream until full. Bake twenty minutes or half an hour.

**Tomato Toast**

Prepare the tomatoes as for sauce, and while they are cooking, toast some slices of bread very brown but not burned; butter them on both sides and pour the tomato sauce over them.

**Tomatoes Fried**

Do not pare them, but cut in slices as an apple; dip in cracker, pounded and sifted, and fry in a little good butter.

**Chop Suey**  
**(For Six persons)**

One pound of water chestnuts, two pounds of bean sprouts, which can be procured at any Chinese vegetable stand. While shopping buy twenty-five cents' worth of gu yow, a Chinese sauce made only in China and which enters into nearly all oriental meat dishes. It is a brown looking liquid with a peculiar flavor, and can be purchased of any Chinese dealer. The water chestnuts must be shaved thin; add a little sliced celery, one small onion chopped, half a dozen mushrooms; cut young chicken into small pieces; have a kettle with peanut oil (in same quantity as lard would be used); into this place the vegetables and chicken all together; let fry until tender, stirring often to prevent burning. Just before taking off add the bean sprouts, which must not be cooked too long, as they are better when little more than half done. Drain off the liquor, add a little flour to thicken; salt to taste. Just at the last add a teaspoonful of the brown sauce. Pour all over the chop suey; stir together and serve.

**Noodles**

Take one egg, add half an egg shell of water, then **Albers** flour enough to make very stiff. Roll thin and allow to lay about half an hour. Then cut in strips and boil about 15 minutes. Put in dish and pour drawn butter over it.

**Wrotens English Plum Pudding**

Two and one-half cups **Albers** flour, one cup bread crumbs, one pound raisins, one pound currants, one-half pound citron, one and one-half cups chopped suet, one wineglass brandy, one heaping teaspoon all kinds of spices, pinch salt, one cup black molasses, one cup brown sugar, six eggs well beaten, one teaspoon soda dissolved in hot water, two teaspoons baking powder sifted in **Albers** flour enough for stiff batter. Put in well greased tins. Boil four hours.

**Crackers and Cream**

A nicely toasted cracker, with sweet cream poured over it, is delicate and nourishing for an invalid.

**Tapioca**

Soak over night two tablespoonfuls of tapioca in two cups of water. In the morning add one pint of milk, sugar to taste and a pinch of salt; simmer until soft, stirring frequently. When dished add one tablespoonful of wine and grate over a little nutmeg.

**Rye Coffee**

When one is not allowed coffee or tea a good substitute can be made by browning rye as coffee is browned; then to one cup of rye add one cup of cold water. Let it boil slowly for ten minutes, then add two cups of boiling water and serve with sugar and cream.

# Jams and Jellies

## Apple Jelly

Select sound, red, fine-flavored apples not too ripe; wash, wipe and core; place in a granite kettle, cover with water and let cook slowly until the apples look red. Pour into a muslin bag and drain; return juice to a clean kettle and boil one-half hour; skim. Now measure and to every pint of juice, allow a pound of sugar; boil quickly for ten minutes. Red apples will give jelly the color of wine while that from light fruit will be like amber.

## Quince Jelly

Do not pare but polish quinces smooth with flannel cloth. Cut in small pieces, core and put all in a kettle. Pour over cold water to cover and boil soft. Pour all into a flannel bag and hang up to drain carefully, pressing occasionally to make the juice run freely. To one pint of juice add three-fourths of a pound of sugar and boil fifteen minutes. Pour into tumblers.

## Plum Jelly

Take plums not too ripe, put in a granite pan and set in a pan of water over the fire. Let the water boil gently till all the juice has come from the fruit, strain through a flannel bag and boil with an equal weight of sugar twenty minutes.

## Crab-Apple Jelly

Select juicy apples. Mealy ones are no good. Wash and quarter and put into a preserving kettle over the fire with a teacupful of water. If necessary add more water as it evaporates. When boiled to a pulp strain the apples through a flannel bag, then proceed as for other jelly.

## Orange Marmalade

Cut two dozen oranges in halves, crosswise. With a glass lemon-squeezer extract the juice. Dig out the pulp and seeds, throwing them away. Soak the peelings over night in salt water. In the morning rinse and boil peelings in clear water until tender, then chop and add juice. Weigh and add equal quantity of sugar. Let boil thirty minutes. Put in jelly tumblers and cover as you do jelly.

## Tomato Marmalade

Remove the skins from a peck of tomatoes, slicing them as for the table. Put them into a kettle, with a pint of sugar, and spice to taste. Cook slowly till they are quite thick. Put them in a jar and pour over a little vinegar. This is a nice relish with meat.

**Lemon Marmalade**

Peel as many lemons as you wish and take out every seed. Boil the peel until very soft, add juice and pulp with a pound of sugar to a pound of lemons. Boil until thick and bottle.

**Grape Marmalade**

Take sound grapes, heat and remove the seeds, then measure, and allow measure for measure of fruit and sugar. Place all together in a preserving kettle and boil slowly twenty-five minutes; add the juice of one lemon to every quart of fruit. Set away in jelly glasses.

**Preserved Peaches**

Select the yellow red-checked ones if possible (skin same as tomatoes, by pouring on boiling water, then thrusting them in cold water and separate in halves). Proceed as for preserving cherries, only using three-quarters of a pound of sugar to every pound of fruit.

**To Preserve Plums**

To every pound of fruit allow three-quarters of a pound of sugar. Divide the plums, take out the stones, and put the fruit on a dish with pounded sugar strewed over; the next day put them into a preserving pan and let them simmer gently by the side of the fire for about thirty minutes, then boil them quickly; removing the scum as it rises, and keep them constantly stirred, or the jam will stick to the bottom of the pan. Crack the stones and add the kernels to the preserve when it boils.

**Quince Preserves**

Pare and core the fruit and boil till very tender. Make a syrup of a pound of sugar for each pound of the fruit and after removing the scum boil the quinces in this syrup for one-half hour.

**Preserved Lemon Peel**

Make a thick syrup of white sugar, chop the lemon peel fine and boil it in the syrup ten minutes; put in glass tumblers and paste paper over. A teaspoonful of this makes a loaf of cake, or a dish of sauce nice.

**Preserved Cherries**

Select the large cherries, remove the stems and stone them carefully. To each pound of sugar allow one pound of cherries. Put fruit in granite pan and pour over them the sugar. Stir up and let stand over night to candy. In the morning put all into the preserving pan, place on the stove and boil gently until the cherries look clear, skimming off the scum as it rises. When the cherries have become quite clear, remove the pan from the stove and seal. Keep in dry, dark closet.

**Preserved Tomatoes**

A pound of sugar to a pound of tomatoes. Take six pounds of each; the peel and juice of four lemons and a quarter of a pound of ginger tied up in a bag; put on the side of the range and boil slowly for three hours.

**Spiced Fruits**

These are also called sweet pickle fruits. For four pounds prepared fruit allow one pint vinegar, two pounds brown sugar, one-half cup whole spices—cloves, allspice, stick cinnamon, and cassia-buds. Tie spices in thin muslin bag, boil ten minutes with vinegar and sugar. Skim, add fruit, cook till tender. Boil down syrup, pour over fruit in jars, and seal. If put in stone pots, boil syrup three successive mornings and pour over fruit. Currants, peaches, grapes, pears and berries may be prepared in this way, also ripe cucumbers, muskmelons, and watermelon rind.

**Currant Jam**

Wash, stem and mash red or white currants. Use one pound of sugar to one pint of fruit. Put the fruit and one-fourth of the sugar into a granite kettle; stir and when it boils add balance of sugar. Let it boil until very thick. Putting in only a little sugar at a time prevents the currants from becoming hard.

**Gooseberry Jam**

Three pounds of loaf sugar six pounds of red gooseberries. Pick off the stalks and buds from the gooseberries and boil them carefully but quickly for rather more than half an hour stirring continually, then add the sugar pounded fine and boil the jam quickly for half an hour stirring it all the time to prevent it sticking to the preserving pan. When done put it into pots cover it with brandy paper and secure it closely down with paper moistened with the white of an egg.

**Raspberry Jam**

To every pound of raspberries use the same weight of sugar, but always boil the fruit well before you add the sugar to it, as that will make it a better color. Put the fruit in a preserving pan, mashing well with a long wooden spoon. After boiling it a few minutes, add the same quantity of sugar as fruit, boiling it half an hour, keeping it well stirred. When done, and sufficiently reduced, fill the jars, and when cold cover them over with white paper moistened with the white of an egg.

**Blackberry Jam**

Crush a quart of fully ripe blackberries with a pound of the best loaf sugar pounded very fine; put it into a preserving pan, and set it over a gentle fire until thick, add a glass of brandy, and stir it again over the fire for about a quarter of an hour; then put it into pots and when cold tie them over.

**Strawberry Jam**

To six pounds of strawberries allow three pounds of sugar. Procure some fine scarlet strawberries, strip off the stalks and put them into a preserving pan over a moderate fire, boil them for half an hour, keeping them constantly stirred. Break the sugar into small pieces and mix them with the strawberries after they have been removed from the fire. Then place it again over the fire and boil for another half hour very quickly. Put it into pots, and when cold cover it over with brandy papers and a piece of paper moistened with the white of an egg over the tops.

**Apple Jam**

Core and pare a good quantity of apples, chop them well, allow equal weight of apples and sugar, make a syrup of your sugar by adding a little water, boiling and skimming well, then throw in some grated lemon peel and a little white ginger with the apples, boil until the fruit looks clear.

**Green Gage Jam**

Rub ripe green gage through a sieve, put all the pulp into a pan with an equal weight of loaf sugar pounded and sifted. Boil the whole till sufficiently thick, and put into pots.

**Peach Jelly**

Pare the peaches, remove about one-half the pits. Place in a kettle with enough water to cover. Stir until the fruit is well cooked, then strain, and to every pint of the juice add the juice of one-half of a lemon; measure again, allowing a pound of sugar to each pint of jelly. Boil and put up in the usual way.

**Orange Jelly**

Grate the rind of six oranges and three lemons into a granite kettle. Now squeeze in the juice, add one cupful of water and one-half pound of sugar to each pint of juice; boil all together until a rich syrup is formed. Have ready one ounce of gelatine dissolved in a pint of warm water, now add syrup, strain the jelly and pour into glasses.

**Black Currant Jelly**

Gather the currants when ripe, on a dry day, strip them from the stalks and put them into an earthen pan or jar, and to every five quarts allow a half pint of water; tie the pan over and set it in the oven for an hour and a quarter, then squeeze out the juice through a coarse cloth, and to every pint of juice put a pound of loaf sugar, broken into pieces; boil it for three-quarters of an hour, skimming it well; then pour it into small pots, and when cold put brandy papers over them and tie them closely over.

**Cranberry Jelly**

Place in granite saucepan one quart of cranberries and one cupful of water. Cook until soft and turn into flannel bag and let drain over night. In the morning measure the juice and allow an equal measure of sugar. Boil twenty minutes and turn into glasses.

**Raspberry Jelly**

Heat and strain as above. To each pint of juice allow one pint of sugar. Put the juice and sugar into a granite kettle, place over the fire and boil until it thickens, when a little is poured on a plate; carefully remove scum as it rises, pour the jelly into small glasses, cover and keep in a dry place.

## BRIDE'S COOK BOOK

### Wine Whey

Scald one cup milk, add one cup wine, cook gently till it wheys. Strain through cheese-cloth.

### Rhubarb Marmalade

To one pound of loaf sugar, one pound and a half of rhubarb stalks, peel of half a large lemon, a quarter of an ounce of bitter almonds. Cut the rhubarb stalks into pieces about two inches long and put them into a preserving pan with the loaf sugar broken small, the peel of a lemon cut thin, and the almonds blanched and divided. Boil whole well together, put it into pots and cover it as directed for other preserves.

### Prune Jelly

Stew prunes until perfectly tender and squeeze out the juice; add gelatine (dissolved) in the proportion of a half box to three cups of juice. Sweeten to taste. Very nice for invalids and little children.

### Chicken Jelly

Clean and disjoint a chicken, removing all the fat, and cut the meat into small pieces; break the bones; lay the feet in boiling water, then remove the skins and nails. Put the meat, bones and feet into a granite saucepan, cover with cold water, heat and simmer till tender; strain when cold remove the fat; add salt, pepper, lemon juice and the shell and white of an egg. Put it on stove, stirring well till hot. Boil five minutes, skim and pour it through a fine cloth. Set aside in a mold. Turn out and garnish and serve with thin slices of bread and butter.

### Preserved Prunes

Wash four pounds of prunes and place in a granite pan over the fire with enough water to cover; set the pan over a slow fire and cook slowly until the fruit is tender, then remove, and pass through sieve. To each pound of the pulp add three-quarters of a pound of sugar; make a syrup of the sugar with a little water and add the pulp. Boil for fifteen minutes. Seal.

# GENERAL RULES FOR CANNING and PRESERVING

## Canning

The important points to be observed in canning are, to get only sound, ripe fruit; to have hot syrup and air-tight jars; to fill jars to overflowing and seal immediately. Jars should be scalded and tested before using. Patent canners greatly simplify the work.

Pick over the fruit, stem, pare, cut, wash, etc., and pack in jars. Make syrup by adding one-half pint boiling water to one pound sugar. When clear, bring to boiling point and carefully fill the jars. Stand in canner or on board in wash boiler containing water up to shoulders of jars. Cover and cook according to directions or till tender. Take from canner or boiler, add more syrup till overflowing, cover and seal immediately.

## Amount of Sugar per Quart Jar

Canned.	Preserved.	Canned.	Preserved.
Pineapple .....	8 oz.....12 oz.	Cherries .....	4 oz..... 8 oz.
Crab apples ...	6 oz.....10 oz.	Strawberries ..	8 oz.....12 oz.
Plums .....	6 oz..... 9 oz.	Raspberries ..	4 oz..... 6 oz.
Rhubarb .....	8 oz.....12 oz.	Blackberries ..	6 oz..... 9 oz.
Sour apples ...	6 oz..... 9 oz.	Quinces .....	8 oz.....12 oz.
Currants .....	8 oz.....12 oz.	Pears .....	4 oz..... 8 oz.
Cranberries ...	8 oz.....12 oz.	Grapes .....	4 oz..... 8 oz.
		Peaches .....	4 oz..... 8 oz.

## Preserving.

Preserves require from three-quarters to one pound of sugar to each pound of fruit, and one-half cup water to each pound sugar. The fruit should be simmered in the syrup until tender, a little at a time; skimmed out into jars; when all are done the syrup should be brought to boiling point, jars filled and sealed. Hard fruits like quinces should be first steamed or cooked in boiling water till tender.

# Coffee, Tea, Chocolate and Cocoa

## Directions to Make "Good Coffee"

In the preparation of Coffee, experts generally all agree on the following rules:

1—To make coffee to perfection, you must use one tablespoonful of good coffee for each cup and one for the pot.

2—The water must be fresh drawn from the faucet and let come to a boil, because water that has once been boiled has lost a large amount of the air or oxygen it contains.

3—The percolation method is best; coffee, preferably, should not be boiled, but if you must boil it, do not boil it over five minutes or a bitter concoction of tannin results.

4—The infusion must be drunk soon after making or its aroma and fine flavor are missed.

5—Whatever pot is used, it must be strictly clean and scalded with hot water so that it is thoroughly heated throughout.

6—To obtain the full aroma and flavor, the coffee must be freshly roasted and ground.

## Vienna Coffee

Put in strainer of a percolator, a heaping tablespoonful of finely ground coffee for every ordinary size cup of coffee, press the coffee down in the strainer slightly, and pour on your required amount of boiling water; put the lid on the strainer and leave the water to filter through. Add to coffee, when serving, to two parts coffee, one part hot milk and a tablespoonful of whipped cream, which will float on top of coffee, adding to it a rich flavor and a very inviting appearance. When you prepare coffee after this recipe, you will have a very delicious coffee, such as served in all first-class cafes on the Karthner Ring in Vienna.

## French Drip Coffee "Cafe Noir"

For every one ordinary cup, take two tablespoonfuls of finely ground coffee, which press down slightly in the strainer, then pour on your boiling hot water, put lid on strainer and leave water to filter through. When the water is all filtered through, you have "Cafe Noir," a very strong black coffee which is usually drunk with brandy, the latter being poured in saucer with sugar and then ignited, leaving the spirits burn out. Sometimes it is diluted with hot water.

## Milk Coffee or "Cafe au Lait"

Prepare the coffee the same as "Cafe Noir," with a little chicory added, about 3 ounces chicory to the pound of coffee, and when serving, add to it an equal amount of hot milk. When serving "Cafe au Lait" in the French cafes, the waiter brings the coffee pot in one hand and the vessel containing hot milk in the other and pours into the cup from both vessels at the same time. These recipes are followed in all the prominent cafes in Paris.

## Coffee Boiled

Take one tablespoonful medium ground coffee to a cup, and one for the pot. Draw fresh water from the faucet, boil in kettle for five minutes, pour the water on coffee in pot and allow it to steep for five minutes, then remove the grounds from the liquor, and you can use it several hours afterwards.

## BRIDE'S COOK BOOK

### Coffee Steeped

Take one tablespoonful medium ground coffee to a cup, and one for the pot. Put the coffee in the required amount of cold water, and then bring it to a boil, and boil for a few minutes, and then strain grounds from liquor and serve while hot.

### Meringued Coffee

Make coffee after any approved formula. Put sugar and scalding milk in each cup and add the coffee. Have a meringue made by mixing the white of an egg, well beaten, with half a pint of whipped cream. Lay a heaping spoonful on top of each cup before serving.

### Meringue Chocolate

Make chocolate according to general directions. Beat an egg separately, pour the liquid over the beaten yolk (one egg to pint). Whip the whites to a stiff froth and put a spoonful on the top of each cupful of hot chocolate before serving. Half cupful of whipped cream mixed lightly with the beaten white is a great improvement.

### Ordinary Chocolate

Mix one tablespoonful of Ghirardelli's Chocolate for every ordinary cup, with two tablespoonfuls of Cream. Dissolve the above with boiling water, the quantity required, or dissolve the quantity required in the corresponding quantity of boiling milk. Boil half minute, stirring continuously. The delicious beverage is then ready.

### Cocoa

Use a teaspoonful of Ghirardelli's Cocoa in a breakfast cup, add a tablespoonful of boiling water, or two tablespoonfuls of Cream, and mix thoroughly. Then fill balance of cup with boiling milk or water. Two minutes' boiling will improve it.

### Directions to Make "Tea" to Perfection

To have tea in perfection, it is only necessary to follow the following rules:

- 1—Let the water be fresh from the faucet.
- 2—Let the water boil furiously five minutes before using.
- 3—Let the water remain on the leaves not less than seven nor over ten minutes, then be poured off into another heated vessel.
- 4—Use one full teaspoonful of tea for every cup of water, and if too strong, reduce the quantity.

Adherence to these simple rules procures the best and most harmless tonic, the most exquisite flavor and most inexpensive beverage known to civilization, averaging two hundred to three hundred cups to the pound. No water sold in bottles is cheaper than this.

A thoroughly good tea can be purchased at retail at 50c per pound, but by no means a choice one. Hence it is better to buy no tea under 60c per pound, but better still, \$1.00, and be assured of receiving both the bouquet and maximum tonic properties.

If you want the best brand of teas, ask for the following:

**Black Teas**—Indian or Assam, Ceylon, English Breakfast and Oolong.

**Green Teas**—Gunpowder, Young Hyson, Basket Fired or Uncolored Japan, Porcelain Fired Japan.

### Chocolate

Take one tablespoonful of Ghirardelli's Ground Chocolate for an ordinary breakfast cup or half pint. Dissolve the quantity required in the corresponding quantity of boiling milk. Boil for half a minute, stirring continuously. The delicious beverage is then ready.

# PICKLES

## Sweet Cucumber Pickles

Take twelve large green cucumbers, cut in slices one-half inch thick and soak in weak salt water for about an hour. Make a thick syrup of one coffeecupful of granulated sugar, one teacupful of vinegar; tie up two teaspoonfuls each of cinnamon and cloves in a piece of muslin; boil all to a thick syrup, then drain the cucumbers; rinse well in clear water and add to the syrup; set them back on the range and simmer gently for three hours.

## Ripe Cucumber Pickles—Sour

Take twelve large, ripe yellow cucumbers, cut in halves, take out all the seeds and pulp; then cut in oblongs, stand over night in salt water, next morning rinse them in clear water, drain and wipe as dry as possible, placing them in jar. Have one-half dozen red peppers prepared by removing seeds and cut in small, narrow pieces, have also one fresh horseradish, prepared in same way, in small pieces, and about one pound of mustard seed, sprinkle all these in between the slices of cucumbers; have enough boiling vinegar to cover same and pour over. On the third morning scald vinegar again, adding an extra quantity if it seems weak and they are ready to use when cold. They can be put away in glass bottles on the third morning.

## Mixed Pickles

Slice in an earthen jar one peck of green tomatoes, six large onions, and pour over them one cupful of salt. Let stand twenty-four hours and drain. Add one quart of cider vinegar, three pounds of brown sugar, one-eighth of a pound of white mustard seed, one teaspoonful of ground cloves, one teaspoonful of ginger, two teaspoonfuls of mustard, one teaspoonful of cayenne pepper and cook slowly for fifteen minutes.

## Sweet Tomato Pickles

Eight pounds peeled tomatoes, four of powdered sugar, cinnamon, cloves and allspice, each one ounce. Boil one hour, and then add a quart of boiling vinegar.

## Green Pickles for Daily Use

A gallon of vinegar, three-quarters of a pound of salt, quarter pound of ginger, one ounce of mace, one-quarter ounce cayenne pepper, an ounce of mustard seed, simmered in vinegar, and when cold put in a jar. You may throw in fresh vegetables when you choose.

## Mock Capers

Take green nasturtium seeds when they are full grown, but not yellow; dry for a day in the sun; then put them in jars and cover with boiling vinegar, spiced, and when cool cork closely. Fit for use in six weeks.

**Mustard Pickles**

Take equal quantities of cauliflower, little onions and small cucumbers. Look them over carefully and to one peck sprinkle one cupful of salt between the layers. Cover with boiling water and let stand all night. Drain and wipe dry. To one-half gallon of cider vinegar take one-half pound of mustard, one tablespoonful of turmeric, two and one-half of curry powder, two of ginger, one of cayenne pepper. Stir these together with a little cold vinegar until the lumps are out; then stir it into the half gallon of hot vinegar and keep on stirring until it comes to a scald. Pour this over the pickles, stir it once or twice for a day or two and then put in glass jars.

**Pickled Cherries**

Stone five pounds of cherries. Take one quart of vinegar, two pounds of sugar, one-half ounce each of cinnamon and mace. Grind the spices and tie them in a muslin bag; boil the spices, sugar and vinegar together and pour hot over the cherries.

**Pickled Beets**

Take the beets when cold, slice them across. Make a liquid of half vinegar and water a little salt and pepper, a tablespoonful of sugar and put the beets in this. This is only for present use, as if they stand too long they turn white. You can make a bag of spices and boil with them, also a few whole cloves.

**Pickled Sweet Apples**

Make a syrup of two cupfuls of vinegar and four cupfuls of sugar. Add a few small pieces of whole cinnamon and a few cloves. Pare, core and quarter sweet apples; drop in the syrup and let cook till tender. Put in a jar and pour the syrup over. They are ready to eat as soon as cold and will keep for any length of time if sealed in jars.

**Pickled Sweet Pears**

Boil together for ten minutes one pint of cider vinegar, one and one-quarter pounds of granulated sugar. Tie in a small piece of cloth one-half dozen whole cloves, one dozen whole allspice and a few pieces of cinnamon. Put with the vinegar and boil. Select small, sweet pears and pare; then put into the vinegar, boil gently until the pears look clear, then drain off the vinegar, put the pears into jars, reheat the vinegar and pour over. Seal, if desired for winter use.

**Pickled Onions**

Select small onions of equal size, perfectly sound; peel and scald in salt water till they are tender, drain and put into glass jars; heat to boiling point sufficient vinegar to cover them, scalding with it mixed whole cloves and mace; pour it over the onions, distributing the spices among the jars; seal the jars air-tight after pouring the vinegar over the onions.

## BRIDE'S COOK BOOK

### Pepper Catsup

Fifty pods of large red peppers, with the seeds. Add a pint of vinegar, and boil until the pulp will mash through a sieve. Add to the pulp a second pint of vinegar, two spoonfuls of sugar, cloves, mace, spice, onions and salt. Put all in a kettle, and boil to a proper consistency.

### Pickled Onions and Cucumbers

Peel ten large green cucumbers and half a dozen small onions, cut them into thick slices crosswise and sprinkle with salt. Let stand for a day, then drain; put them in a jar, pour over sufficient boiling vinegar to cover and keep them in a warm place from twelve to eighteen hours. Drain off the vinegar, heat again and pour over till both the onions and cucumbers are quite green, adding a little red pepper and a speck of sugar the last time of boiling. Cover tightly and put in cool place.

### Raspberry Vinegar

Fill a stone jar that is not glazed, with raspberries; pour vinegar over them till the jar is full. Let it stand nine days, stirring it every day. Strain it off and to every pint of juice add three-quarters of a pound of white sugar. Boil it as long as any scum rises, and bottle up for use. A dessertspoonful of this in a glassful of water will prove a refreshing drink.

### Economy Vinegar

Save the sound cores and the parings of apples used in cooking. Put into a jar, cover with cold water, stand in a warm place, add one-half pint of molasses to every two gallons. Cover the jar with gauze; add more parings and cores occasionally. This will make a good vinegar.

**Pickled Green Tomatoes**

Let the tomatoes stand in salt water for twelve hours. Then stick four or five cloves in each one, and pour boiling vinegar over them. Place them in a jar and set them in a cool place.

**Spiced Currants**

Five pounds of currants, two pounds of sugar, one pint of vinegar, one tablespoonful each of salt, pepper, cinnamon and cloves, mash well together and boil twenty minutes.

**Tomato Catsup**

Cut the tomatoes in two and boil for half an hour, then press through a hair sieve and add spices in the proportion given below, after which boil for about three hours over a slow fire. Remove from fire, turn it out, and let stand till next day, when you must add half a pint of vinegar for each peck of tomatoes. For every like amount of the vegetable, add, while boiling, one-eighth of an ounce of red and one-quarter of an ounce of black pepper, half an ounce each of mace, allspice and cloves, and two ounces of mustard. Salt to suit, put in a little ginger, and essence of celery, if you so desire. Bottle, seal the corks and put in a dark, cool place.

**French Mustard**

One-quarter of a pound of mustard, pour over it half a pint each of water and vinegar. Add a pinch of salt and a piece of calamus root the size of a pea. Put it on the fire and when it boils add a tablespoonful of Albers flour, let it boil 20 minutes, stirring it constantly. Just before taking it off stir in a teaspoonful of sugar or honey. When cool, put it into bottles and cork tightly.

**Pickled Cabbage**

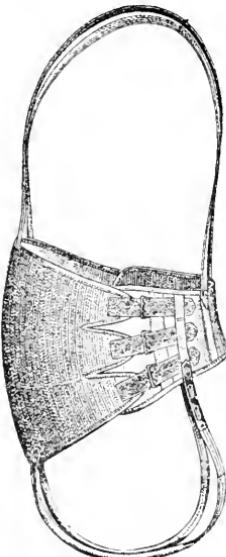
Remove the outer leaves, quarter and reject the stalks. Cut in slices, one-third of an inch thick; put in a jar with salt sprinkled between the layers and let stand over night. Next morning drain dry as possible and cover with boiling hot vinegar spiced to the taste.

**Chow Chow**

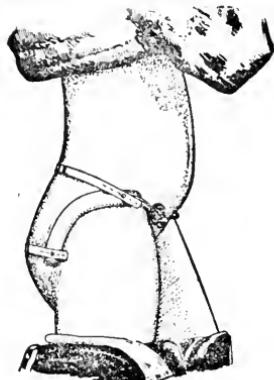
Twenty-five young, tiny cucumbers, fifteen onions sliced, two quarts of string beans, cut in halves, four quarts of green tomatoes, sliced and chopped coarsely, two large heads of white cabbage. Prepare these articles and put them in a stone jar in layers with a slight sprinkling of salt between them. Let them stand twelve hours, then drain off the brine. Now put the vegetables in a kettle over the fire, sprinkling through them four red peppers, chopped coarsely, four tablespoonfuls of mustard seed, two tablespoonfuls each of celery seed, whole allspice, and whole cloves and a cupful of sugar. Pour on enough of the best cider vinegar to cover; cover tightly and simmer well until thoroughly cooked. Put in glass jars when hot.



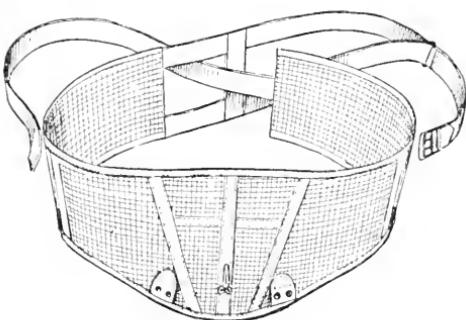
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Mildew in white clothes may be removed by soaking for a short time in a pail of water to which has been added a heaping teaspoonful of chloride of lime. Then hang in sun. Repeat if necessary.

When frying potatoes, etc., try chopping with empty baking powder can instead of knife. You will find it much more handy and quicker.

Try greasing cake and bread pans with a small five-cent paint brush. Keep grease in round tin can; cut hole in cover and insert handle of paint brush when not in use. It is then always ready for use and does not soil hands.

To prevent cake from burning when using new tins, butter the new tins well and place them in a moderate oven for fifteen minutes. After this the cake may be cooked in them without danger of burning.

When ironing with gas, place a lid of the coal stove over the gas burners and place the irons over this. The irons will always be clean and heat much better than if they are put directly over the gas flame.

To clean plaster of paris figures, use toilet soapsuds and a shaving brush. Rinse well. Dipping them in a strong solution of alum water will give them the appearance of alabaster.

To preserve gilt frames, cover them when new with a coat of white varnish. All specks can be washed off with water without injury.

To keep lemons, put them in water. Change once a week. Will keep a long time.

#### Do You Know—

That a small piece of butter added to the water prevents vegetables, macaroni or rice from boiling over?

That the water from macaroni or rice after they have been cooked should be saved for soup and gravies?

That a teaspoonful of vinegar added to boiled meat, while cooking, makes the meat tender?

That after peeling onions if celery salt is rubbed over the hands before washing the odor will disappear?

That if you add a pinch of salt to ground coffee before boiling it will improve the flavor?

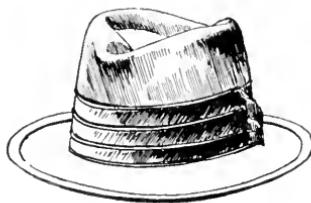
That if kid gloves are rubbed gently with bread crumbs after each time they are worn they will remain clean much longer than otherwise?

That a poultice made of tobacco and warm water, put between two cloths and placed over the breast and pit of the stomach will relieve convulsions when nothing else will? It will do no harm.

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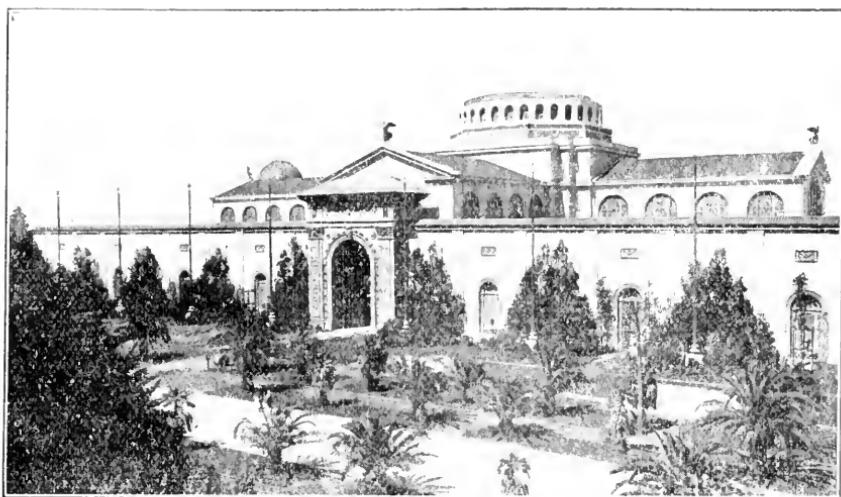


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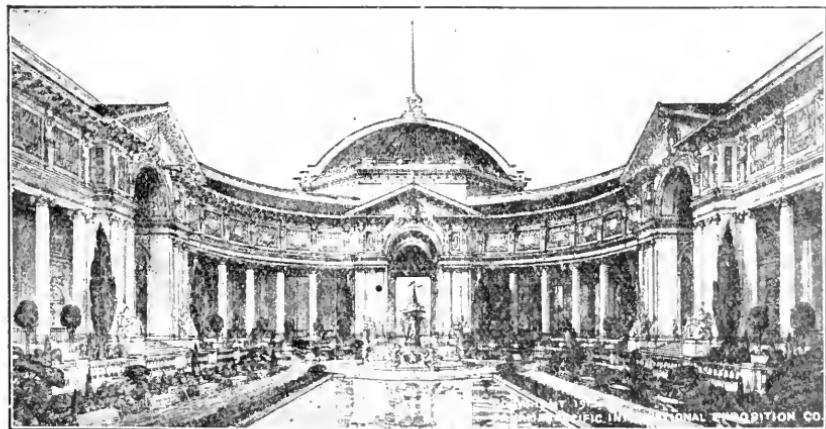
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BRIDE'S COOK BOOK



PALACE OF LIBERAL ARTS—*Panama-Pacific International Exposition, San Francisco, Cal.*



COURT OF PALMS—*Panama-Pacific International Exposition, San Francisco, Cal.*

## BRIDE'S COOK BOOK

That any one who has aching feet, if the feet are placed in kerosene for about ten minutes each day will receive the greatest relief. If used regularly for a month is said to cure all corns and callous places on the feet. Will not blister or do any injury.

To relieve burns get a small bottle of picric acid and with a feather paint the burned or scalded parts, allowing it to dry. In a few minutes all the pain will be gone and you will never feel it again. Where the burns are very severe more than one application is sometimes necessary. This is an invaluable remedy, especially where there are children in the home, for they are getting burned continually.

There is nothing better than sulphur tea for the hair. It cures dandruff, promotes the growth, makes the hair soft and glossy and is very good to keep the hair from turning gray.

The whitish stain left on a mahogany table by a jug of boiling water or a very hot dish may be removed by rubbing in oil and afterward pouring a little spirits of wine on the spot and rubbing it dry with a cloth.

Place pieces of camphor, cedarwood, tobacco leaves, bog myrtle or anything else strongly aromatic in the drawers or boxes where furs or other things to be preserved from moths are kept, and they will never sustain any harm.

Wash your weathered oak woodwork and furniture with milk.

To rid your home of ants, which are numerous here in California; mix thoroughly two parts borax with one part powdered sugar and put around where the ants come. For two or three days the ants will come in swarms, but after that they will disappear. Leave the powder around for a week or two and you will never be bothered again with ants.

If food becomes slightly burned in cooking, set the saucepan in cold water and it will take away burned taste.

Silver knives, forks and spoons are worn out and scratched more in the washing than in their use. Buy a child's wooden pail, have a carpenter put cross pieces in it, dividing it into four compartments, one for knives, the second for forks, the third for tablespoons and the fourth for teaspoons. Make some hot, soapy water and pour into the pail. After gathering silver from table put them each in their own part of pail, leaving until ready to wash, then washing each lot separately. In this way they need less cleaning and are not scratched.

To clean bathtub, wash bowl or toilet, use coal oil on cloth, then wash with hot water and soap. One can also clean their linoleum the same way very quickly.

To stop nosebleed, no matter how severe, the following simple process will be found effective: Fold a small piece of paper several times and place in the upper part of the mouth between the lip and teeth. Keep there for a short while, remaining perfectly quiet.

A can of cholride of lime should always be kept around the kitchen sink; if not only acts as a disinfectant, but is very useful for cleansing porcelain sinks. It will remove brown stains from the porcelain white-ware by putting about a tablespoonful in the vessel and filling with water and allowing to stand over night. Of course, the hands should not come in contact with the solution.

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